UFC 46: Vitor Belfort and BJ Penn Win Titles!

MARTIAL ARTS LEGENDS PRESENTS

# Grappling®

The #1 Magazine of Mixed Martial Arts!

## KOTC 30
Petruzelli Downs Severn, Eastman Wins Belt!

## Freestyle Wrestling World Championships
Pack Madison Square Garden

## Royler Gracie
Submission Wrestling Warm-Up Drills

## 18 Top Mat and Street Techniques!
Banana Split, Guillotine, Knee Thrust, Lead Elbow Strike, Lunging Head Butt, Hip Escape, Slam Takedown, and more!

## The World's Top Cage Fighters Square Off!
Marvin Eastman vs. Tiger White, Frank Mir vs. Wes Sims, Eric Pele vs. Travis Fulton, Jorge Rivera vs. Lee Murray, Jorge Santiago vs. John Cronk, Carlos Newton vs. Renato Verissimo, Todd Carney vs. Jorge Pereira, Georges St. Pierre vs. Karo Parisyan, Hermes Franca vs. Josh Thomson, Matt Serra vs. Jeff Curran, and more!

# Wanderlei Silva
"The Axe Murderer"



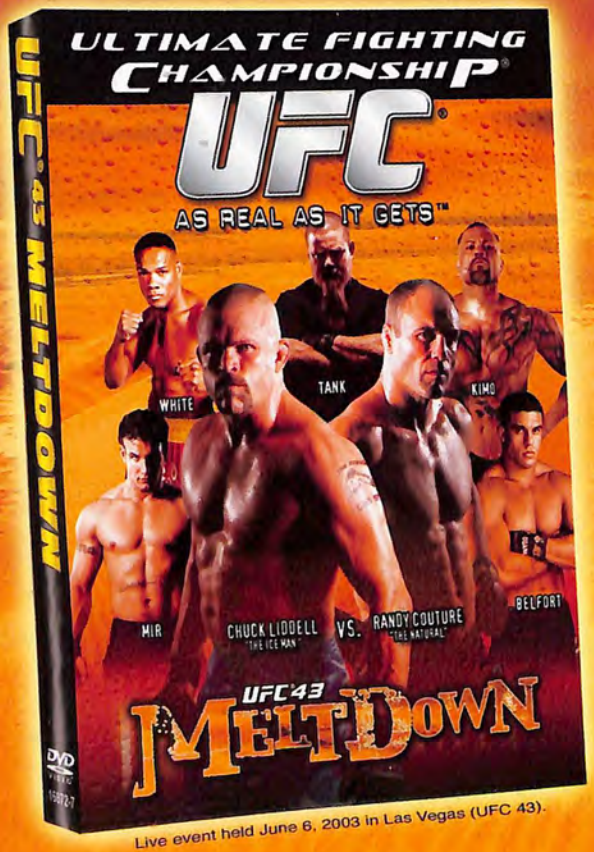
$5.99US $7.99CAN
05>
0 71486 03262 5
May 2004 • CC03262
U.S. $5.99 • Canada $7.99 •UK £3.95
www.cfwenterprises.com

Ring Girl of the Month!

# UFC

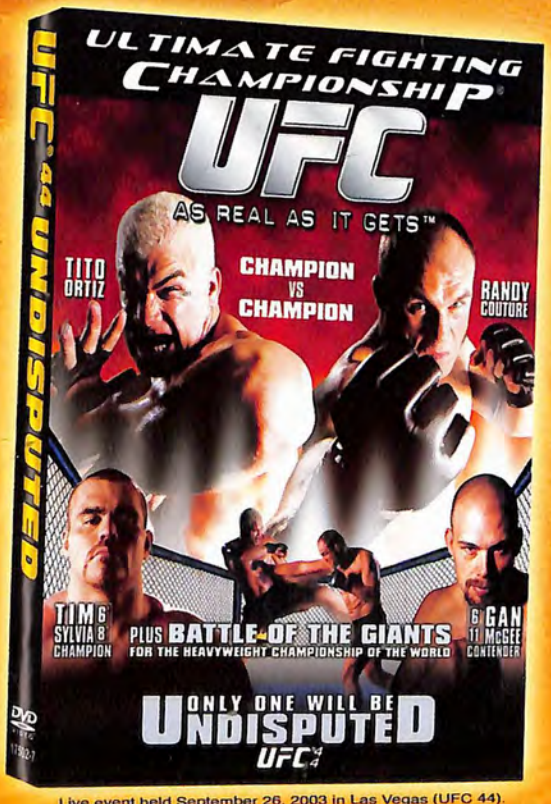
## ULTIMATE FIGHTING® CHAMPIONSHIP

FIRST TIME ON DVD!




Live event held June 6, 2003 in Las Vegas (UFC 43).

**THE UFC® IS BACK ON DVD BIGGER & BETTER THAN EVER!**

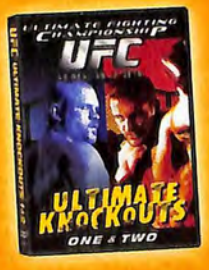



Live event held September 26, 2003 in Las Vegas (UFC 44).

**AVAILABLE FEBRUARY 10, 2004 AT**

fye · SUNCOAST · BEST BUY

**AND OTHER FINE RETAILERS**




**AVAILABLE NOW!**

120 MINUTE DOUBLE FEATURE • DIGITAL MASTERING • FIGHT INDEX • STEREO • NTSC • NOT RATED

AS REAL AS IT GETS™

UFC HOME VIDEO · Sony Wonder · VENTURA · DOLBY DIGITAL · DVD VIDEO

**WWW.UFC.TV**
FOR ULTIMATE UP-TO-DATE INFO

©2003 Zuffa LLC. All Rights Reserved.

INYAFACE.COM
1/888.TAPOUT4
HERE FOR YOU TO HATE
TAPOUT
American Arrogant and Inyaface

MARTIAL ARTS LEGENDS PRESENTS

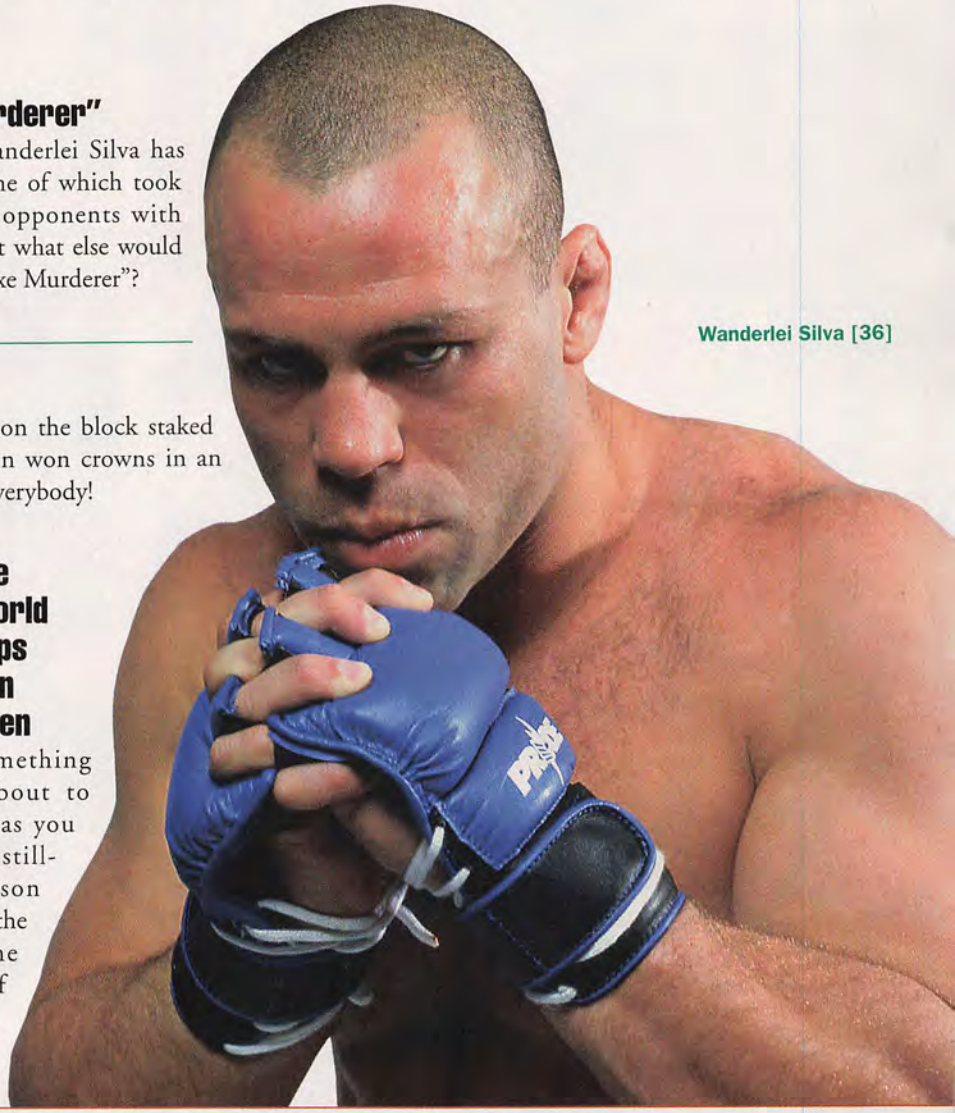
# Grappling®

May 2004 • Volume 4, Number 5

COVER STORY

## 36 Wanderlei Silva - "The Axe Murderer"

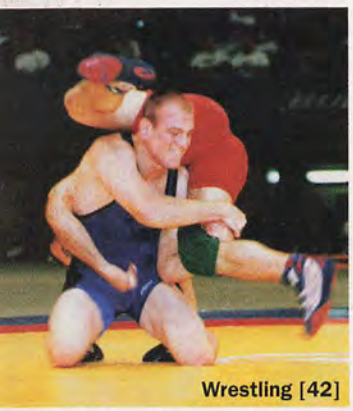
In the last four years, Brazilian fighter Wanderlei Silva has never tasted defeat. In 14 fights, all but one of which took place in PrideFC, he has terminated 11 opponents with extreme prejudice by knockout or TKO. But what else would you expect from a fighter nicknamed "The Axe Murderer"?
*by Todd Hester*



Wanderlei Silva [36]

## 24 UFC 46 - Super Natural

Giants fell, belts changed hands, new kids on the block staked their claims, and Vitor Belfort and BJ Penn won crowns in an exciting UFC show that had something for everybody!
*by Thomas Gerbasi, photos by Josh Hedges*



Wrestling [42]

## 42 Freestyle Wrestling World Championships Pack Madison Square Garden

You knew something special was about to occur as soon as you walked into a still-empty Madison Square Garden the day before the start of the 2003 World Championships of Freestyle Wrestling. *by Eddie Goldman, photos by Bob Mayeri*

***MARTIAL ARTS LEGENDS PRESENTS GRAPPLING*** (ISSN 1092-7972) is published monthly by C.F.W. Enterprises, Inc., 4201 Vanowen Place, Burbank, CA 91505. Phone (818) 845-2656. © 2004 by C.F.W. Enterprises, Inc. Periodical Postage is paid at Burbank, California and at additional mailing offices. SUBSCRIPTIONS: USA one year: $35.00. single copies: $5.99 + $1.00 shipping & handling. Canada and foreign countries add $10.00 per year. Send subscriptions to: Grappling Subscription Department, P.O. Box 461621, Escondido, CA 92046. For subscription services or information call: (800) 877-5528 toll free, outside the United States (760) 738-5917 or (760) 738-8036. Unsolicited manuscripts, photographs and other submitted materials must be accompanied by postage and self-addressed return envelope. However ***MARTIAL ARTS LEGENDS PRESENTS GRAPPLING*** is not responsible for unsolicited submissions. All rights reserved. Printed in the United States.
**Postmaster: Send address changes to Grappling, P.O. Box 469062, Escondido, California 92046.**

**DISCLAIMER**

CFW ENTERPRISES as publisher is an advertising platform and does not endorse or make representation, warranty or guarantee concerning the safety or effectiveness of either the products and services advertised in this magazine or the martial arts or other techniques discussed or illustrated in this magazine. The publisher expressly disclaims any and all liability relating to the manufacture, sale or use of such products and services and the application of the techniques discussed or illustrated in this magazine. The purchase or use of some of the products, services or techniques advertised or discussed in this magazine may be illegal in some areas of the United States or other countries. Therefore, you should check federal, state, and local laws prior to your purchase or use of these products, services or techniques. The publisher makes no representation or warranty concerning the legality of the purchase or use of these products, services, or techniques in the United States or elsewhere. Because of the nature of some of the products, services, or techniques advertised or discussed in this magazine, you should consult a physician before using these products or services or applying these techniques.

President/Publisher **MICHAEL JAMES**
Group Publisher **MARK KOMURO**

Editor-in-Chief **TODD HESTER**
toddhester@cfwenterprises.com

Editor-at-Large **KID PELIGRO**
Deputy Editor **MATT FUREY**
Technical Advisor **ERIK PAULSON**
Wrestling Editor **EDDIE GOLDMAN**
Fitness Editor **MARK ECCARD**
Judo Editor **JASON MORRIS**

**CONTRIBUTING EDITORS**
**CARL FISHER, MATT FUREY, EDDIE GOLDMAN, KID PELIGRO, VICTORY JAY, ROYCE GRACIE**

**CONTRIBUTORS**
**THOMAS GERBASI, JULIO RIVERA, ROYLER GRACIE, KID PELIGRO, JOSE FRAGUAS, TODD HESTER, SHELTON P. YAMASHIRO, EDWARD LEE VINCENT, EDDIE GOLDMAN**

**ART**
Art Director **GEORGE FOON**
Assistant Art Director **GEORGE CHEN**
Director of Photography **EDWARD IKUTA**
Staff Photographer **JAIMEE ITAGAKI**

**CONTRIBUTING PHOTOGRAPHERS**
**BOB MAYERI, TODD HESTER, ED, HEATHER MCRAE, RICARDO AZOURY, JOSH HEDGES, TERRY TURRENTINE, EDWARD LEE VINCENT**

**INTERNATIONAL BUREAU**
Chief European Correspondent **CARL FISHER**
Chief Canadian Correspondent **STEPHAN KESTING**

**ADVERTISING**
Advertising Executive **BARBARA LESSARD**
barbaralessard@cfwenterprises.com
Toll Free (866) 505-6213 Fax (866) 505-1387
PLEASE FORWARD ALL ARTWORK MATERIALS AND PAYMENTS TO:
Advertising Director **GABE FRIMMEL**
gabefrimmel@cfwenterprises.com
(800) 332-3330 Ext. 112 Fax (800) 249-7761
CFW ENTERPRISES
4201 W. Vanowen Place, Burbank, CA 91505

**UNIQUE PUBLICATIONS BOOK & VIDEO DIVISION**
**WEST COAST OFFICE**
**booksandvideos@cfwenterprises.com**
Website Coordinator **DAVID SHAPIRO**
Book Sales Director **BEATRICE M. WONG**
Video Production Director **JOHN SOET**
Video Production Producer **SCOTT HYLTON**
Director of Mail Order Operations **HARRY WONG**
Direct Sales Manager **EVELING SUYDAM**
Customer Service & Bulk Subscriptions **BECKY SILVAS**
Book & Video Fulfillment Service **FRANK WONG, BING WONG**
4201 Vanowen Place - Burbank, Ca 91505
Phone 800 332 3330 • fax 800 249 7761

**EAST COAST OFFICE**
National Book & Video Sales Director **BRIAN KLINGBORG**
Phone & Fax (212) 691-8421

**ADMINISTRATION**
General Manager **JOSE FRAGUAS**
Circulation Manager **RICH CONVERTITO**
C.F.O. **STEVE MILLER**
Administration Director **LORI LALL**
Administration,Credit & Collections **CARRIE OGAWA WONG**

**EDITORIAL & ADMINSTRATION OFFICE**
4201 W. Vanowen Place, Burbank, CA 91505
(818) 845-2656 Fax (818) 845-7761

www.cfwenterprises.com

**50 Letty Ribeiro - The Eyes of a Warrior**
This gifted athlete and Brazilian jiu-jitsu world champion has put herself on the global map by winning some of the most important grappling titles on the planet! *by Jose Fraguas*

**54 Sean Alvarez - From The East Coast To The Middle East - And Back Again**
Brazilian jiu-jitsu black belt Sean Alvarez helped create the Abu Dhabi Combat Club on a long, strange journey that seems destined to end in MMA stardom. *by Julio Rivera, photos by Terry Turrentine*

**58 King of the Cage 30 Flexes its Muscles in Miami**
Seth Petruzelli, "The Golden Gladiator", punished Dan Severn early and often and then held off a ferocious late charge to hand "The Beast" a rare loss. *story and photos by Todd Hester*

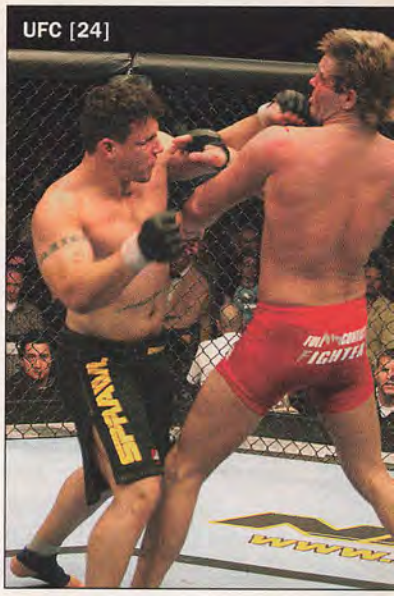
**66 Submission Grappling Techniques 2 - Warm-Up Drills**
Warm-up drills not only serve as a way to get your muscles loose and avoid injuries, but are also a great way to get your neuromuscular system in gear! *by Royler Gracie and Kid Peligro, photos by Ricardo Azoury*

**73 Street Tools for the Sport Grappler**
What can a sport grappler do to prepare for the street? There are a few simple tools which, if learned properly, will enhance a grappler's ability to deal with a street confrontation. *by Shelton P. Yamashiro, photos by Heather McRae*

**77 Wrestling's Surprise Submissions**
Who said the sport of wrestling - not the professional kind - doesn't have any submission moves? Well, most everyone I know. But they're dead wrong! *story and photos by Edward Lee Vincent*

DEPARTMENTS

**4 Ranked** America's Ranking System
**6 Gracie Under Fire** Royce Gracie
**8 Mat Time** Kid Peligro
**10 No-Holds-Barred** Eddie Goldman
**12 Catch of the Day** Matt Furey
**14 Midwest Report** Victory Jay
**16 Voice of Europe** Carl Fisher
**18 Ring Girl of the Month**
**20 Grappler's Grapevine**


UFC [24]

Letty Ribeiro [50]

KOTC [58]

Muay Thai [20]

RANKED

AMERICA'S NATIONAL RANKING SYSTEM

# 2003 Ranked National Champions

2003 proved to be a breakthrough year for Ranked. In the quest to establish a national system whereby competitors can gauge their relative skill level against others of similar size and experience, Ranked visited numerous tournaments, tracked almost innumerable matches, and took statistics on countless competitors. The result of that effort is culminated by the 2003 Ranked National Champions list. But the true congratulations for this effort doesn't go to Ranked, but rather to the competitors themselves who trained, strived, sacrificed, and sweated to accomplish a goal that is truly memorable. While each and every one of the Ranked champions deserves the highest of praise, particular recognition should go to **Lamonte Tyler**, **Liam Kerrigan**, **Jay Speight**, and **Amie Turton**, who pulled off the incredible feat of being Ranked number one in both Gi and No-Gi divisions. But congratulations shouldn't go to just the champions, but to anyone who competed in a tournament and made an effort to better themselves physically and mentally though active participation in the great sport of submission grappling. So to all Ranked competitors out there, be you number 1 or number 1000, Ranked says, "Way to go! Lets all keep making it to those tournaments and make 2004 twice as good as 2003!" Grappling

*For information on how to get your event Ranked visit* www.nationallyranked.com.

### Top Males Adults

**Top National NO-GI Fighter**

1. Jacob Whitfield, NC, 310.0

**Top National GI Fighter**

1. Dan Simmler, MA, 220.0

### Top Female Adults

**Top National NO-GI Fighters**

1. Tara LaRosa, NC, 185.0

**Top National GI Fighter**

1. Kathleen Mitchell, NJ, 70.0
1. Maribel Schirmer, IL, 70.0

### Top Males Master(s)

**Top National NO-GI Fighter**

1. Lamonte Tyler, VA, 440.0

**Top National GI Fighter**

1. Lamonte Tyler, VA, 310.0

### Top Male (Teens 15-17)

**Top National NO-GI Fighter**

1. Liam Kerrigan, NJ, 265.0

**Top National GI Fighter**

1 Liam Kerrigan, NJ, 140.0

### Top Males Kids 14 and under

**Top National NO-GI Fighter**

1. Jay Speight, NC, 500.0

**Top National GI Fighter**

1. Jay Speight, NC, 435.0

### Top Female (Youth 17 and under)

**Top National GI Fighter**

1. Amie Turton, NJ, 265.0

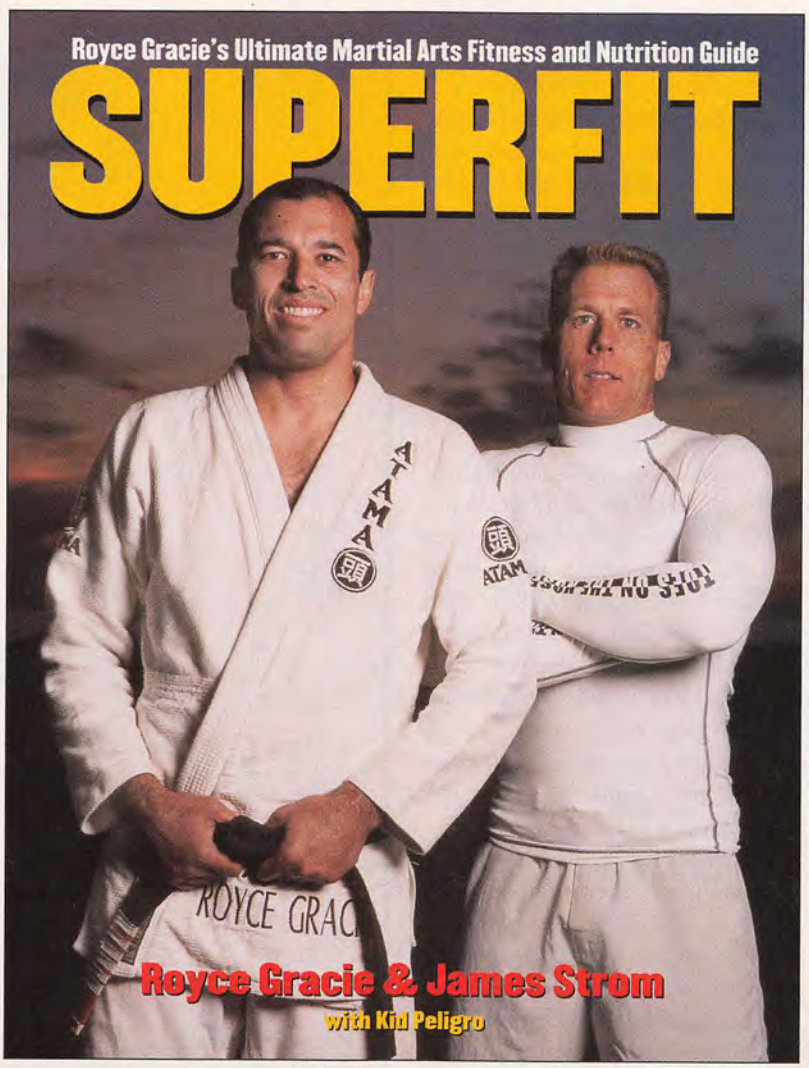
**Top National NO-GI Fighter**

1. Amie Turton, NJ, 465.0

# Get Fit to Fight the Royce Gracie Way!

**UFC and Pride Champion Royce Gracie has teamed-up with James Strom, fitness coach for Keyshawn Johnson, and the University of Southern California Trojans, to create a revolutionary, one-of-a-kind, customized, fitness program for grapplers, fighters, and martial artists of all disciplines.**

This unique program of strength training, cardiovascular routines, flexibility exercises, and nutrition guidelines includes step-by-step, full-color workout plans for beginner, intermediate, and black-belt practitioners. Outlines are provided for working-out solo or with a partner. Get complete nutritional programs for different body types and martial art styles.




Stop injuries before they happen with injury-prevention tips.

**"Superfit" is a must-have tool for any sport competitor, submission artist, or cage fighter!**

BEGINNING MARTIAL ARTISTS: learn body control and muscle mechanics!
ADVANCED STUDENTS: sharpen you mind and your body and get to the next level!
BLACK BELT INSTRUCTORS: learn new methods to improve and motivate your students and increase their performance!

"Superfit" is for anyone interested in building a body of extreme combat and sport effectiveness. Royce Gracie shares his personal training methods and teaches the fitness techniques that have made him the most famous vale tudo cage fighter of all time!

**Don't delay!**
**Order today and start winning tomorrow!**

## Gain Strength, Endurance, and Flexibility for Super Performance!

**Credit Card, check, or money order welcome!**
**2165 San Diego Ave. #106, San Diego, CA 92110**

**$27.95 + S&H**

Order securely on line at
**www.mmamart.com**

or by phone
**(619) 223-5553**

# Gracie Under Fire

**BY ROYCE GRACIE**

# What it Takes to be a Fighter

One of the things that my brother Rickson told me once was, "In a perfect world you would never be a fighter, Royce. You're too nice to be a fighter." Now if you talk to some of my opponents that I've punched, armbarred, choked, and triangled in the ring and the Octagon, they might not agree with that statement! In general, though, I think that Rickson's words are a pretty fair assessment of me. I like the technical challenge of winning a fight, more than I like the idea of hurting someone just for the sake of hurting them. For stories like that, you'd have to talk to my brother Relson about his younger days as a fighter on the streets of Rio!

It did get me wondering, though, what *does* it take to be a fighter? Do you have to be angry, upset, mad, and irritated all the time? Do you have to step into the ring wanting to take your opponent's head off and being blind to anything else? From my perspective, winning a fight is more about conquering your own weaknesses, rather than destroying your opponent's strengths. If you get beat by an opponent you can't really blame him, you can only blame yourself if you weren't able to overcome his kicks, punches, takedowns, throws, knees, and elbows. So given that you aren't really fighting against your opponent, but really against yourself, is there any real reason to hate him? Sometimes, yes. But mainly, no.

***"In the ring, the truth of the matter is that patience, focus, and intelligence are your biggest allies."***

More often than not, undo emotion in the ring or cage will work against you. You will be so focused on just trying to hurt your opponent, that you will become blind to all your techniques and all your training. You will pass up a takedown to go for a high head kick. You will not take an obvious armbar in order to wing wild punches from the side. If your opponent is smart and patient then he will just weather the anger, let you punch yourself out, and quietly go about dismantling you. There is a time to get mad and motivated, of course, but even then you need to keep your emotions under control and use them to your advantage.

In the ring, the truth of the matter is that patience, focus, and intelligence are your biggest allies. Instead of being single-minded with only the narrow goal of doing physical damage to your opponent, you need to be aware of subtle openings, hidden tendencies, telegraphing movements, and deceptive feints. Your mind needs to be clear and unencumbered with rage in order to be flexible and responsive. While this is an ideal to strive for, nobody is successful at it all the time. But if we shoot for this goal then even if we come up a little short, we're still way ahead of the game - and hopefully also our opponents.

Photo by Todd Hester

The key to developing this type of attitude and mentality is how you practice everyday. Be technical on the mat instead of just being wildly aggressive. When someone gets you in a submission and makes you tap don't get an attitude and go after him, simply review the sequence of events and see how you could have changed them to effect the outcome. Even ask your training partner what you could have done differently. In other words, train yourself to not be emotional but rather to be analytical. In the long run, it will pay off. Grappling

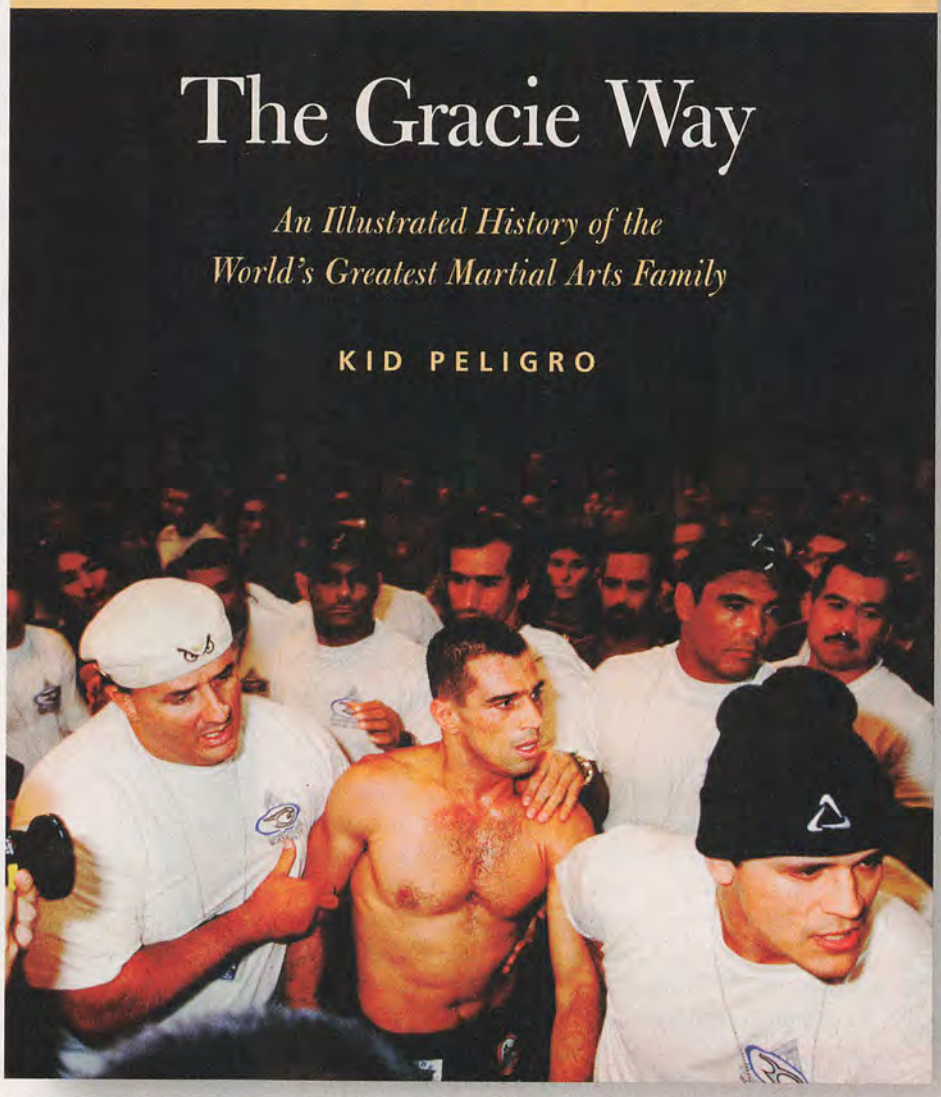
From the publishers of the best-selling martial arts book in America!

BRAZILIAN JIU-JITSU

# The Gracie Way

*An Illustrated History of the World's Greatest Martial Arts Family*

KID PELIGRO



Purity. Intensity. Commitment. Drive. Fearlessness. Perfection. Will. Just like the book that bears its name, *The Gracie Way* encompasses all these traits and more. Born on the streets of Rio de Janeiro and now embraced throughout the world, *The Gracie Way* has become the creed for a new generation of martial artists. Now, for the first time, the faces and stories of the family who turned the martial arts world upside-down are brought together in one epic chronicle.

In this remarkable full-color book, you'll meet the personalities who transformed Brazilian jiu-jitsu from an unknown method of street combat into the dominant martial art today. The giant volume includes bios and rare photos of all the Gracie masters including **Carlos Gracie**, who in the 1930s learned the art directly from Japanese master Count Koma; **Helio Gracie**, who as a frail boy in Brazil developed the art, creating leverage techniques that allowed him to overcome any opponent regardless of size or strength; **Rickson Gracie**, the mystical family champion who has never been defeated on the mat, in the ring, or on the street; **Royce Gracie**, the most famous martial artist in the world and the man who put Brazilian jiu-jitsu on the map by winning the first three Ultimate Fighting Championships before the largest martial arts pay-per-view audiences in history. Also featured are international Gracie champions such as **Royler**, **Rorion**, **Renzo**, **Rolls**, **Carlson**, **Carlos, Jr.**, and more!

In addition to stunning action shots of the Gracies in their legendary matches in Pride, UFC, Vale Tudo and ADCC, and their inside perspectives on what really went on during those fights, *The Gracie Way* includes never-before-seen photos of the family from their beginnings in Brazil in the 1930s up to the present day. Learn of Renzo's transformation from Rio street brawler to New York celebrity; of Royce and Royler's childhood exploits; of Rickson's and Royler's battle against Rio's toughest drug gang. Through it all, you'll come to understand the unique qualities that allowed this sprawling family of fathers, brothers, and cousins to push beyond the boundaries of what is expected and exceed the limits of what is possible!

*ABOUT THE AUTHOR: Kid Peligro, one of the world's most widely-read martial arts writers, is a black belt in Brazilian jiu-jitsu with two world titles to his credit. A columnist for Grappling, ADCC News and Gracie Magazine, Peligro covers events in Japan, Brazil, the Middle East, and the United States, and is the coauthor of two of the most successful martial arts books of all time: Brazilian Jiu-Jitsu: Theory and Technique, and Brazilian Jiu-Jitsu Self-Defense Techniques. Because of his close relationship with the Gracie family, Peligro was allowed unprecedented access to their personal archives for The Gracie Way.*

**$27.95 + S&H**

Credit card, check or money orders welcome!

2165 San Diego Ave. #106, San Diego, CA 92110

Order securely online at

**www.mmamart.com**

or by phone

**(619) 223-5553**

# Mat Time

BY KID PELIGRO

# Effective Speed

Speed is a relative thing; in most sports the faster the person goes the better the results. In running, jumping, race-car driving, fencing, surfing, or you name it, speed is a key element of success. In jiu-jitsu, however, speed is not necessarily as important. You can see it in tournaments - competitors in the lighter categories are quicker than the heavier ones. Take a large guy like Pe de Pano Cruz, at 6'3" and over 230 lbs. Pano's speed is not the key to his game - his leverage and use of his extremely heavy legs are more important to him than moving quickly from position to position. While everyone has different body types which dictate generally different speeds, there are plenty of slow, small fighters and fast, big ones. Everyone plays and wins regardless of speed.

In my opinion, jiu-jitsu does not require great speed. I prefer to move slowly and methodically, achieving a better position before going to another, rather than using quick explosive moves that risk positional gains. My objective is to always move forward, never to go back! I try to always move forward, always bettering my position in relation to my opponent, and that generally means slow, deliberate, methodical progress in a controlled manner. I try not to lose position and to always gain ground without risking going backwards. Over the last 12 or so years this approached has served me well. I am able to train well whether I am tired or not, whether I feel energetic or not.

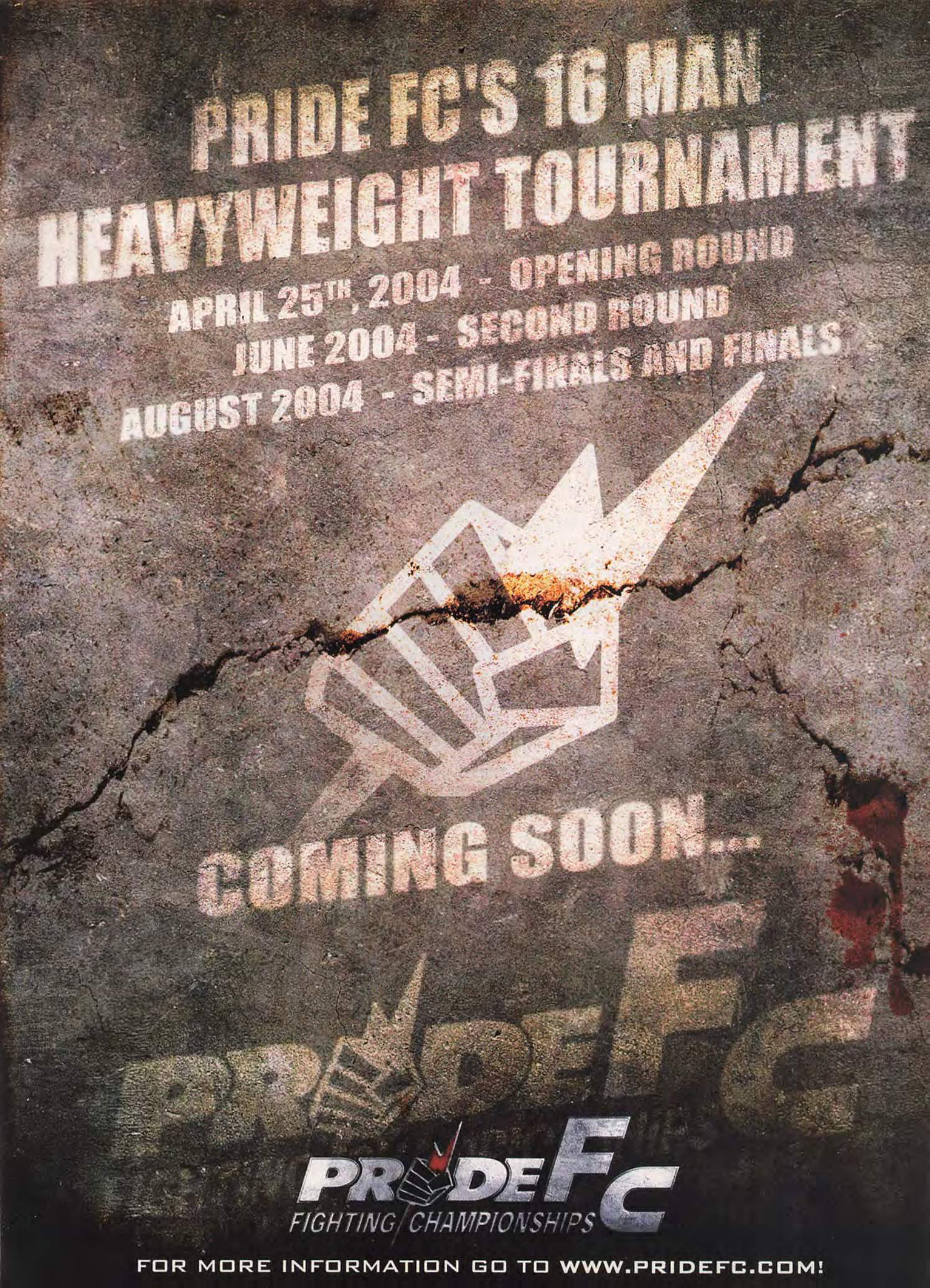
***"In my opinion, jiu-jitsu does not require great speed. I prefer to move slowly and methodically, achieving a better position before going to another, rather than using quick explosive moves that risk positional gains."***

While I am not saying that is the way everyone should fight or train, I believe that in this sport, like very few others, speed is not a necessary to be successful. I know there are many fast and quick fighters who have had tremendous careers - like Royler Gracie, Leo Vieira, BJ Penn, Robson Moura, and many others. But not only are they fast, but they have a more important characteristic - they are quick thinkers - and that kind of speed IS very important. These fighters (and many other top dogs) are able to analyze and react to situations faster than their opponents, thereby increasing their effective speed.

In jiu-jitsu, quick thinking is more important than physical quickness or speed! The ability to see, analyze and react properly to a situational change or opportunity is key to improving your game. A 1/4-inch more grip on the opponent's collar, a slight shift in body weight, or even a small, almost imperceptible adjustment in your posture may render more results than to jump around from position to position without a proper objective, while making mistakes!

The best way to improve your mental agility is to train slow and analyze the options and the variations that are available to you in any situation, be it from the bottom or from

*Continued on page 110*


PRIDE FC'S 16 MAN
HEAVYWEIGHT TOURNAMENT
APRIL 25TH, 2004 - OPENING ROUND
JUNE 2004 - SECOND ROUND
AUGUST 2004 - SEMI-FINALS AND FINALS
COMING SOON...
PRIDE FC
FIGHTING CHAMPIONSHIPS
FOR MORE INFORMATION GO TO WWW.PRIDEFC.COM!

# No-Holds-Barred

BY EDDIE GOLDMAN
GRAPPLING MAGAZINE WRESTLING EDITOR

# Renzo Gracie Checks Out The "Amazing, Unbelievable" Wrestlers In New York

NEW YORK - There were a few hundred people crowded into the sixth-floor gymnasium at the New York Athletic Club for the annual Christmas International Wrestling Championships. A number of world-class wrestlers competed that weekend, including the marquee match-up between the two American Greco-Roman World Champions, Rulon Gardner and Dremiel Byers in the Greco finals at 120 kg/264.5 lbs. Gardner would win this rematch from last year's World Team Trials, this time by a 2-2 overtime referee's decision in a close match decided by the number of cautions. Gardner's effort would also earn him the tournament's Outstanding Wrestler award for Greco. Also impressive was two-time world silver medalist Karam Gaber of Egypt, who won this tournament at 96 kg/211.5 lbs. in Greco for the second year in a row. If Mark Kerr is known as "The Smashing Machine," then the constantly active Karam Gaber, with his innovative and exciting high-amplitude throws, should be known as "The Throwing Machine."

**(L-R) 1984 Olympic Gold Medalist and National Greco Coach Steve Fraser, NHB legend Renzo Gracie, 2000 Olympic Gold Medalist and 2001 World Champion Rulon Gardner, Eddie Goldman, 2000 Olympic Wrestler Kevin Bracken.** (Photo by Gary Abbott)

***"In freestyle, the Outstanding Wrestler was Dean Morrison, who defeated Tim Hartung by a 5-1 score in the 96 kg/211.5 lbs. finals."***

In freestyle, the Outstanding Wrestler was Dean Morrison, who defeated Tim Hartung by a 5-1 score in the 96 kg/211.5 lbs. finals. At 120 kg/264.5 lbs., the winner was Steve Mocco, the 2003 NCAA champ from Iowa who is taking an Olympic redshirt year in hopes of going to Athens and returning home with a medal.

The women's competition also featured some great athletes. The Outstanding Wrestler award went to two-time World Champion and seven-time medalist Kristie Marano. Wrestling up one weight at 72 kg/158.5 lbs. from where she took home her latest World title in September at the 2003 World Championships of Freestyle Wrestling, Marano pinned the heavier Toccara Montgomery, herself a two-time world silver medalist, in 4:00 of the finals. Another wrestler many took note of was the Italian champion and 2001 world silver medalist, Diletta Giampiccolo. Wrestling at 55 kg/121 lbs., the muscular Giampiccolo defeated 2003 silver medalist Tina George in the semifinals 6-0, and then bested Tela O'Donnell in the finals, 3-1. Giampiccolo, who has been training in the U.S., finished 11th at the 2003 World Championships of Freestyle Wrestling.

Along with a team of Greco wrestlers from Belarus and several other international participants, this annual event, however lacking in accessibility for the average fans, did showcase a tremendous amount of talent. But given the way that it is run by the NYAC, and with virtually no promotion, the only people you would expect to see in attendance were precisely the kind of people who were there. In addition, it is still all too rare for fans and participants of combat sports other than wrestling to attend wrestling events. So it was with an even greater pleasure than usual when I turned

*Continued on page 112*

# Three-time UFC Champion Royce Gracie presents

***"Once again Kid Peligro hit the target with the choice of participants for the new project. Excellent athletes and instructors like Royce Gracie and Charles Gracie. They are all to be congratulated for a great instructional book that will help me a lot in my career!"***

*— Rodrigo Comprido Medeiros*
*5-time World Champion, 2-time World Absolute Champion*

***"This book is tremendous. All the self-defense positions are here, there is stuff I don't even know!"***

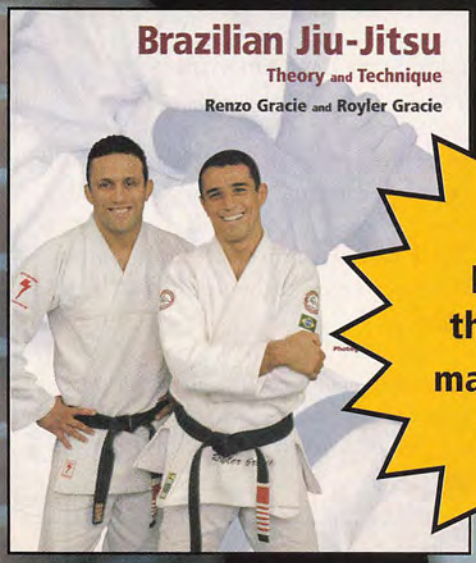
*— Marcio Pe de Pano Cruz*
*2002 World Heavyweight and Absolute Champion*

# Brazilian Jiu-Jitsu Self-Defense TECHNIQUES

***"This book is really good and I am recommending it to all my representatives worldwide as a basic requirement, this is the essence of the art."***

*— Sylvio Behring*
*5th Degree Black Belt*

Royce Gracie — the man who introduced Brazilian Jiu-Jitsu to the World with his three wins in the Ultimate Fighting Championship — is joined by his cousin Charles to teach over 100 street-smart self-defense techniques including stick, knife, and gun defenses. Co-authored by Kid Peligro, this book contains over 400 color photos displaying effective self-defense techniques perfected by the Gracie Family over the past 75 years. This collector's item is a must-have for anyone interested in self-defense. As a bonus, there are more than 30 personal archive photographs of the Gracies.




**From the publishers of the best-selling martial arts book in America!**

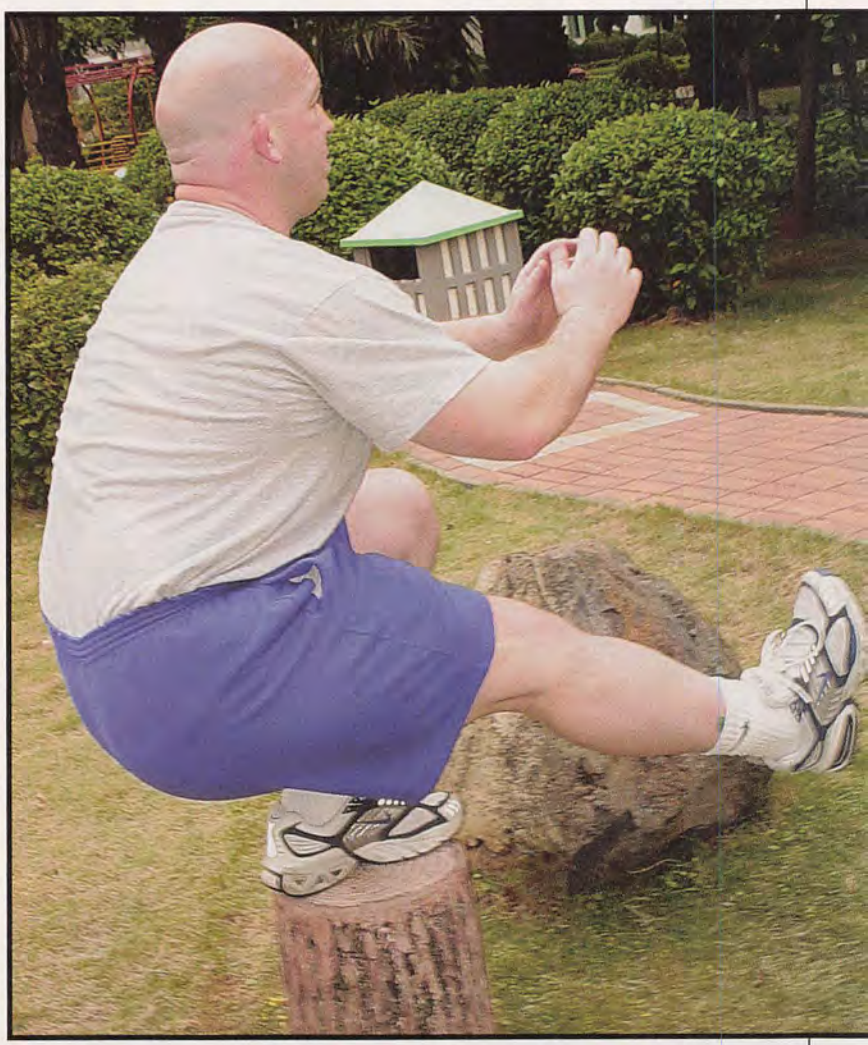
**Credit Card, check, or money order welcome!**
**2165 San Diego Ave. #106**
**San Diego, CA 92110**
**Order securely on line at**
**www.mmamart.com**
**or by phone**
**(619) 223-5553**
**$27.95 + S&H**

**Special Introductory limited-time offer: buy *Brazilian Jiu-Jitsu Self-Defense Techniques* and *Brazilian Jiu-Jitsu: Theory and Technique* together for only $50.00 + S&H**

# Catch of the Day

BY MATT FUREY

# Single-Limb Training



When people make negative comments about the strength building benefits of bodyweight calisthenics, it shows they know not what they speak about. Typically the refrain goes like this: "Yeah, bodyweight calisthenics will make you strong at first, but after you can do 50 reps, all you're building is endurance. If you want to get stronger, you have to lift weights. Calisthenics don't work."

In reply I would say, "Okay Mr. Smarty Pants, first of all, can you even do 50-straight regular pushups, not to mention Hindu pushups? Can you do 50 consecutive pull-ups or chin-ups? And what about doing 50 one-arm pushups? Or 50 one-legged squats? How about 50 handstand pushups? Or 50 Tiger Bends?"

The fact of the matter is that most people cannot even do one repetition of many of the exercises listed above. I know people who can squat over 500 pounds who cannot do a single one-legged squat with nothing more than their own bodyweight. No weight vest. No dumbbells. No nothin'! Just you and this so-called "easy" exercise.

***"I know people who can squat over 500 pounds who cannot do a single one-legged squat with nothing more than their own bodyweight. No weight vest. No dumbbells. No nothin'!"***

As for one-arm pushups, they're no cake walk either. And bear in mind I'm only talking about a basic one-arm pushup or one-legged squat. These can always be made much more difficult – and the process of making them more difficult does NOT require weights. All you have to do is change the angle, direction, distance, speed or focus – and you've got a much harder exercise.

When doing a one-legged squat, instead of doing them on firm ground, do them on a bench, tree stump, or pole, wherein balance and depth of movement becomes even more of a factor than it normally is. To increase difficulty even further, add a pause at the bottom of the movement – or do isometrics.

As for one-arm pushups, the same deal. It's easy to make these exercises far more difficult. How? Well, just elevate one arm, or even more cruel, elevate your feet. You can also change the direction and scope of the movement by doing them to your nose, to your chest, even sideways .

The truth of the matter is that all you need is a bit of imagination to make an exercise more difficult. So guard your ears the next time you hear someone saying that bodyweight exercises are only good for endurance. Better yet, give the person a little test. In most cases the person espousing these ideas cannot even do the most basic bodyweight exercises. Grappling

*Matt Furey is a national champion wrestler and world shuaichiao kung fu champion, as well as the best-selling author of* Combat Conditioning. *For more information on Matt's products go to* www.mattfurey.com.

# The First.

# The Original.

# The Leader

## in Loose-Fit Grappling Shorts.

SPRAWL

**The First Loose-Fit Short Designed for Grappling™**

SPRAWL is a trademark of SPRAWL Fight Short Company, Inc.

www.sprawl.tv

800 220-7595

# Midwest Report

BY VICTORY JAY

# Toad Holler - The Real Fight Club

The first rule of Fight Club: tell everyone about the Fight Club. Nestled on the outskirts of Des Moines Iowa, the Toad Holler nightclub has been the home of the *real* Fight Club since August of 2001. I had the privilege of seeing this small club sprout from its tiny roots into one of the largest spectacles that the Midwest fight scene has to offer. The Fight Club runs under a simple structure - fighters show up the night of the fight, sign a release form, get weighed in, and get ready to roll! In the past, the club has been the starting mark for several new fighters, generally showing up with friends to see the cinematic "Bloodsport", only to get coaxed into taking on a challenger and learning that the real fight club involves much more than pretty kicks and high-flying maneuvers. Some walk away with bruised egos; others soon find themselves logging in time on the mat and come back the next week with a newfound respect for sport fighting.

Over the years, several barroom heroes have come and gone, some moving onto professional events. Many famous names have graced Toad Holler in the past - **Jeremy Horn**, **Tyrone Roberts**, **Travis Fulton**, **Tito Ortiz**, and a relatively unknown fighter by the name of **Tim Sylvia**. Witnessing some of the most experienced fighters in the world interacting with some of the newest in the sport is defiantly a sight to see. Every week there's a new line-up and a new star.

***"Witnessing some of the most experienced fighters in the world interacting with some of the newest in the sport is defiantly a sight to see. Every week there's a new line-up and a new star."***

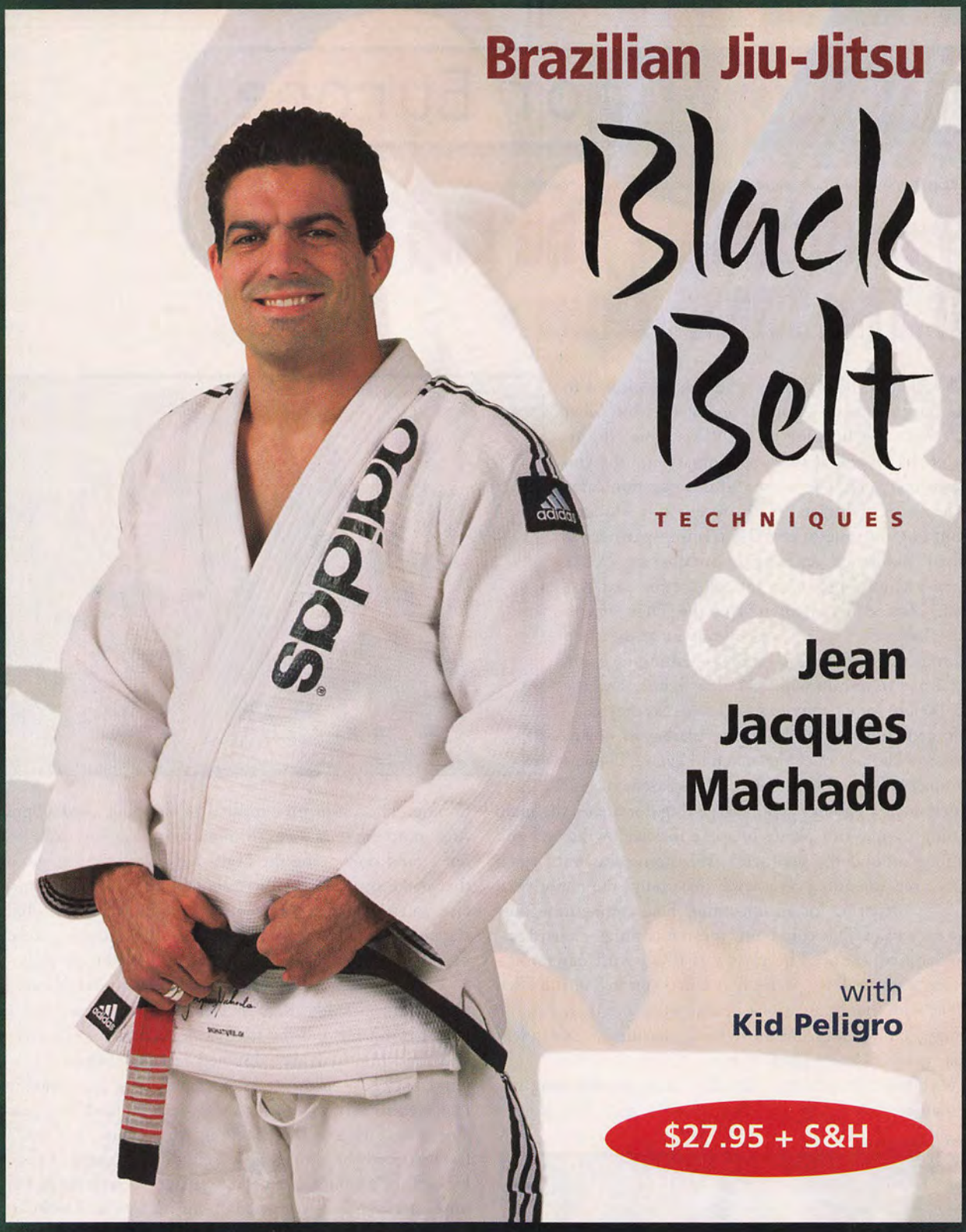
Because it had been over two years since I had visited the Fight Club, I decided to see the changes that have taken place over the years, as well as the difference that the new management has made. What I found was one of the most enjoyable experiences available to a fight fan. The NEW Fight Club is run under the same premise as the original, but the immediate difference is how organized it is. I sat ringside to cover the event, and was amazed at the level of knowledge the crowd showed, as well as the level of electricity that was in the air.

Toad Holler alumni Jeremy Horn

In addition to providing an outlet for amateur athletes to hone their skills, the fight club offers a venue for pros to work specific areas of their game, as well as allowing scouts to see what fighters have to offer before sending them into the big arenas.

The night started off as **Blake MaCann** and **Robby Aginiga**, both relatively green fighters, decided to get the ball rolling. The round was a fast, flailing street fight with gloves - lots of swinging haymakers and playground headlocks - a stark contrast to the refined technique that I had grown accustomed to. Although it was fun to watch both guys giving all they had, it didn't make for a very practical game plan, and the gas ran out fast. The match was awarded to

*Continued on page 110*



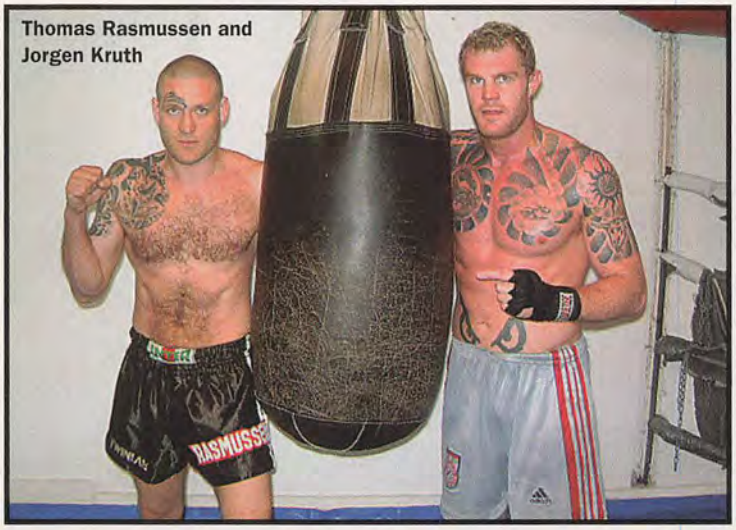

Known for his superior technical abilities and his unique and innovative moves, **Jean Jacques Machado** now presents **his entire Brazilian jiu-jitsu system** in book form for the first time. Detailed is a complete repertoire of jiu-jitsu moves to handle any situation that arises, whether on the mat or on the street. Techniques are not presented in isolation, but rather through a series of moves that guide practitioners from an initial threat or opportunity all the way through to a submission hold. The subtle interplay between various strategies is depicted, allowing students to choose the right attack or defense every time. **More than 100 step-by-step martial arts positions** are demonstrated.

**Credit Card, check, or money order welcome!**
**2165 San Diego Ave. #106, San Diego, CA 92110**
**Order securely on line at**
**www.mmamart.com**
**or by phone**
**(619) 223-5553**

# The Voice of Europe

**BY CARL FISHER**
Grappling Magazine Chief European Correspondent

# Thai Boxing – The Flip Side Of The MMA Coin


Thomas Rasmussen and Jorgen Kruth

Stockholm boasts many academies dedicated to the pursuit of grappling excellence, but what about the flip side of the MMA coin, the B-side of the record? If the grappling arts are the yin, what is the yang? The answer to this question came in the guise of Jorgen Kruth, recent K-1 Holland champion and one of my BJJ training partners at Richard Bohlenius' academy, in Sundbyberg. While Jorgen was busy preparing himself for his next K-1 clash, I found myself invited to the Thai gym to train alongside him. As ever, I was in at the deep end, not the beginner's class or something nice and easy. I had to join in with K-1 class fighters and the like. Well in for a penny in for a kroner, as they say.

Jorgen trains at the Kampsportskolan in downtown Stockholm under the watchful eye of Thomas Rasmussen. The club is situated in a basement and is every inch a fighter's gym; a large ring dominates the main training room, with plenty of space for shadow boxing and skipping around the perimeter. My timing was once again impeccable, attending on a week that found the majority of the guys preparing for an upcoming Thai competition only four days away. This could only mean one thing – a hard session loomed ahead. The class was filled with dangerous-looking guys, walking about like coiled springs, in full Thai regalia, with that hungry look in their eyes; and there I stood, among all these lean, mean, fighting machines, resplendent in baggy shorts and raggedy t-shirt.

With the competition a few days away, conditioning was the name of the game and boy do these guys love conditioning. The warm up consisted of skipping. And skipping. And more skipping - fifteen minutes of skipping to be exact, one round only, using the heavy duty plastic ropes, the ones that make sure you get the technique right the first time, or else you're walking home minus your little toes. I hadn't skipped so long in years and I had visions of finishing the class before it had even begun. Then it was time to hit the pads.

**Team Rasmussen**

I hung around looking for someone who didn't look like they could kick like Ramon Dekker when some kind soul took pity on me and the fun began. My partner started first and fired in a kick that doubled me up - before I got my wind back, a pile-driver knee came flying in. Somehow I managed to survive and it was my turn. I fired in a reasonable front kick and then came in with a knee that wouldn't have worried the skin of a rice pudding. Pathetic. I felt and looked like a complete amateur - a fact Thomas could hardly miss - and was duly corrected on my technique. I went at the pads again, this time eliciting a nod of recognition from my pad man. Trying to maintain an easy rhythm, I continued the drill, sweat running into my eyes. At this point I realized just how hard combat conditioning really is–a true test of both body and spirit. I looked about the gym and the other guys were walking around as though they'd just arrived, and I was summoning up every ounce of energy just to stop myself from collapsing.

If that wasn't enough for my poor legs, knee strikes were next on the list - but not the knees you used to do in karate where

*Continued on page 112*

starpak
www.wsvusa.com
WSV
Introduces
starpak's
JIU-JITSU
RANGE
KIMONOS
VALE TUDO GLOVES
innovative styles
highest quality standards
best service
competitive prices
FOR INQUIRIES, CONTACT
WSV
WORLD SPORTS VENTURES (USA) INC.
250 Corporate Blvd., Suite D, Pencader Corporate Center, Newark, DE 19702, USA.
Tel: 1-866 DIAL WSV (342-5978), 302-737-7677 Fax: 1-866-342-9797, 302-737-7672
Email: info@wsvusa.com Web: www.wsvusa.com

# Ring Girl

OF THE MONTH

# Ravishing Renee

Hailing for Ocala, Florida, 24-year-old Renee is a student and model who can add several degrees of heat to a hot Southern night with nothing more than a smile and a flip of her hair. The true definition of a "fast" girl, Renee counts among her interests a fascination with drag racing and an interest in cage fighting, in particular the King of the Cage. "I really love fast cars," says Renee. "I like how they feel and sound. Maybe the reason I like KOTC so much is that it's also fast moving. The matches go by quickly and are full of action. Also, the fighters aren't limited to one type of fighting. I think that boxing is a little boring compared to cage fighting. I would recommend that anyone check it out and go see a show." Well, if there's even a remote possibility that Renee might be at the next Florida KOTC, expect it to be packed with grapplers driving jacked-up '68 Chargers just hoping to take Renee for a little spin! Grappling

Photo by Chris Cordeiro | Hair and make-up by Skotty

# Royce Gracie Is In The House!

Train with the best. Sport competition, mixed martial arts, self-defense, and fitness. All styles welcome. Programs available for the entire family.

## The Royce Gracie Jiu-Jitsu Network

### U.S. NETWORKS

**Royce Gracie Jiu-Jitsu Network of Jessup, PA**
Mark Brunetti (570) 383-6669

**Royce Gracie Jiu-Jitsu Network of Jupiter, FL**
Jim Campbell (561) 745-0230

**Royce Gracie Jiu-Jitsu Network of Jacksonville, FL**
Larry Shealy (904) 612-6076

**Royce Gracie Jiu-Jitsu Network of Naples, FL**
Sensei Frank Cook (239) 514-8701

**Royce Gracie Jiu-Jitsu Network of Sarasota, FL**
Charles dos Anjos (941)350-9606/(941)739-8265

**Royce Gracie Jiu-Jitsu Network of Englewood, FL**
Robbie Craddock (941) 473-2906

**Royce Gracie Jiu-Jitsu Network of Congers, NY**
Peter Clemente (845) 268-7921

**Royce Gracie Jiu-Jitsu Network of Bedford Hills, NY**
Brandon Durham (914)244-8888

**Royce Gracie Jiu-Jitsu Network of Fresno, CA**
Tosh Cook (559) 322-4084

**Royce Gracie Jiu-Jitsu Network of Moreno Valley, CA**
Sam Marcelleni (909) 485-7077

**Royce Gracie Jiu-Jitsu Network of Laguna Niguel, CA**
Ivan Kravitz (949) 363-6500

**Royce Gracie Jiu-Jitsu Network of Cleveland, OH**
Craig Cramer (216) 433-7377

**Royce Gracie Jiu-Jitsu Network of Pittsfield, MA**
Mark Flynn (413) 443-2561

**Royce Gracie Jiu-Jitsu Network of Silsbee, TX**
Pat Hardy (409) 385-5527

**E-Mail Address: - click here**
**Website: - click here - Royce Gracie Jiu-Jitsu Network of Bloomingdale, NJ**
Mike Torres (973) 283-2100

**Royce Gracie Jiu-Jitsu Network of Paducah, KY**
Jason Hawkins (270) 443-1829

**Royce Gracie Jiu-Jitsu Network of Memphis, TN**
Chad Chilcutt (901) 388-6338

**Royce Gracie Jiu-Jitsu Network of Hartford, CT**
Jim Hughes (860) 233-3000

**Royce Gracie Jiu-Jitsu Network of Norwich, CT**
Jim Hughes (860) 233-3000

**Royce Gracie Jiu-Jitsu Network of Mobile, AL**
Bret May (251) 402-4593

**Royce Gracie Jiu-Jitsu Network of Alexandria, VA**
Jeremy LaFreniere (703) 346-8828

**Royce Gracie Jiu-Jitsu Network of Charlottesville, VA**
Lamonte B. Tyler (434) 825-2734

**Royce Gracie Jiu-Jitsu Network of New Castle, OK**
Tim Tipton (405) 387-3558

**Royce Gracie Jiu-Jitsu Network of Durham, NC**
Greg Thompson (919) 384-0757

**Royce Gracie Jiu-Jitsu Network of Raleigh, NC**
Jason Culbreth (919) 828-4447

**Royce Gracie Jiu-Jitsu Network of Henderson, NC**
Steve Gupton (252) 438-8896

**Royce Gracie Jiu-Jitsu Network of Fayetteville, NC**
David Sgro (910) 286.9488

**Royce Gracie Jiu-Jitsu Network of Charlotte, NC**
Mike Kogan or Hallie Hair (704) 996-9301

**Royce Gracie Jiu-Jitsu Network of Burlington, NC**
Marc Fletcher (336) 227-0409

**Royce Gracie Jiu-Jitsu Network of Columbia, SC**
Alvin Decker 803.356.8092

**Royce Gracie Jiu-Jitsu Network of Charleston, WV**
Butch Hiles (304) 346-8994

**Royce Gracie Jiu-Jitsu Network of Germantown, MD**
Jeff Gordon (301)-972-KICK (5425)

### INTERNATIONAL NETWORKS

**Royce Gracie Jiu-Jitsu Network of Israel**
David Benyamin 04-9081163

**Royce Gracie Jiu-Jitsu Network of Ecuador**
Roberto Bitar (593 ) 4 2881416

**Royce Gracie Jiu-Jitsu Network of Guatemala**
Roberto Fleischmann 011 50 2 333-5525

### OFFICE ADDRESSES

**KhonKhor Enterprise, Inc.**
**West Coast Office**
PO BOX 10346
Torrance, CA 90505
(310) 316-4579

**KhonKhor Enterprises, Inc.**
**East Coast Office**
9806 Zackery Ave
Charlotte, NC 28277
(704) 996-9301

**For more information on training, becoming a Royce Gracie affiliate, purchasing official Royce Gracie gear, or hosting a Royce Gracie seminar visit your nearest Royce Gracie school or go to**

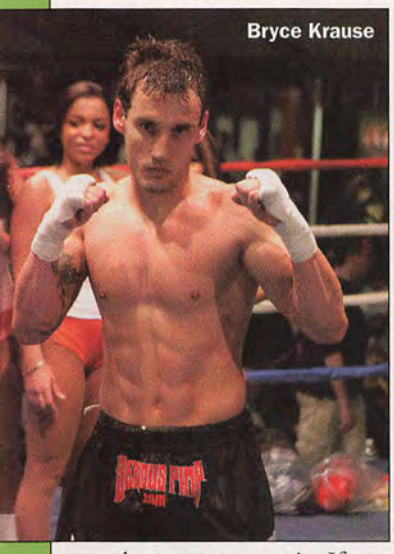
**www.roycegracie.tv.**

# Grappler's Grapevine

**Events**

## Hollywood Park Muay Thai Sets Crowd on Fire!

Highlighted by the appearance of PrideFC top contender **Quinton "Rampage" Jackson**, Vut Kamnark's UWMTA Championships played to a near-capacity crowd at the world famous Hollywood Park Casino in Inglewood, California. "I train a lot of muay Thai," Jackson commented. "So I love to come out to Vut's show and



Bryce Krause

see these guys go at it. If any grapplers are looking for the perfect art to compliment their submission game, muay Thai is the one they should be training in."

In the opening bout, **Leroy Mayo** was disqualified for throwing an illegal knee to the head, giving **Kirk Floyd** the win. Next up, **Gil Carmona** dominated an overmatched

*Continued on page 22*

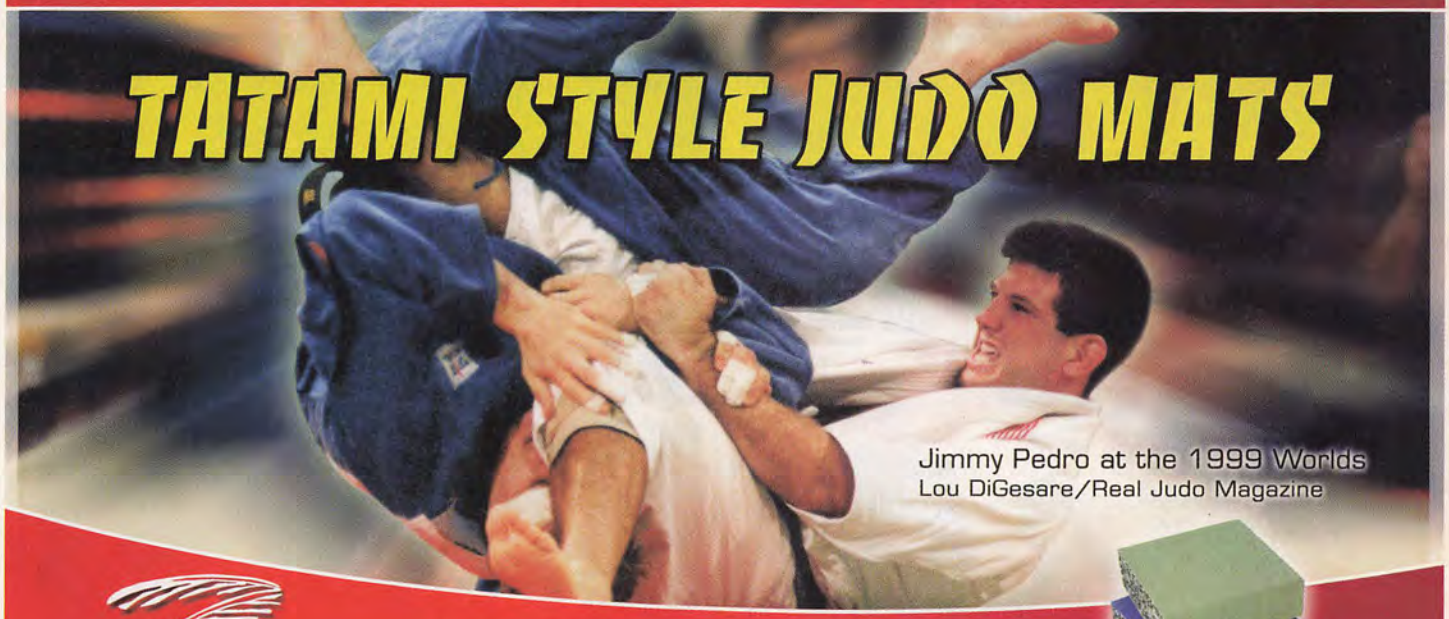
Bryce Krause battles Fabian Zuniga for the UWMTA welterweight title.

Photos by Todd Hester

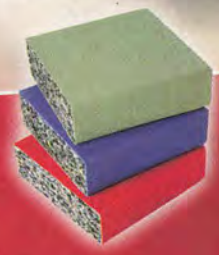
Albert Silva defeated Jason Rezepka for the heavyweight crown.

Kevin Ekyothin landing hard against George Basmayjan.

# ZEBRA MATS™




Jimmy Pedro at the 1999 Worlds
Lou DiGesare/Real Judo Magazine



SIMPLY Z BEST™

To order, or for more information
call toll free: **800.989.8085**
Or visit us online: **www.zebramats.com**

Multiple Time National **Judo** Champion, Multiple Time National **Sombo** Champion and World Renowned **BJJ** expert Lloyd Irvin Is Finally revealing his once tightly guarded secret.....

**"YES! You Can Discover...**
**HOW TO GET YOUR**
**BLACK BELT IN BRAZILIAN JIU-JITSU IN 3 ½ YEARS,**
**A JUDO BLACK BELT IN 1 YEAR**
**AND A BLACK BELT IN COMBAT SOMBO IN 1 YEAR**
**JUST LIKE LLOYD"**

## 100% GUARANTEED SYSTEM

**It's Amazing but TRUE**

What's even more Amazing is the **FACT** that Lloyd Irvin accomplished all of this practically teaching himself using the same exact system he is going to share with you. Anyone can use this program. Now you can learn this **Step-By-Step System** that allowed Lloyd to earn black belts in BJJ, Judo and Sombo all in under 4 years. This is a remarkable feat that has never been done before. How could this be done? What type of program is this? It's called The Grappling Blueprint.™ *"The Future of Grappling Training"*™ This training course will revolutionize the grappling industry and set new standards for personal grappling training. To learn more about this Amazing New Training course. Visit our website at : www.thegrapplingblueprint.com

I believe that I was one of the first student's to receive instruction directly from The Grappling Blueprint. Lloyd has training and drilling methodologies, which are second to none. He has trained me to become a tyrant on the mat technically and mentally. I can honestly say that I now win over 60% percent of my matches in groundwork. The Grappling Blueprint is unbelievable. I began in 1998 and in the year 2000 I was the United States National Judo Champion. I wholeheartedly believe that all persons can benefit from The Grappling Blueprint. If you desire to be a high level international Sombo, Judo or BJJ player - then the Grappling Blueprint is not an option - IT IS A NECESSITY!"
**Rhadi Ferguson: 3-Time US National Judo Champion, BJJ Brown Belt**
**2000 Olympic Team Alternate, 2004 Olympic Hopeful**

"It was amazing seeing how fast Lloyd progressed. He always followed his training system and it paid off. I highly recommend this course, I'm simply amazed that he's finally going to share his system"
**Eric Grove: 4th Degree Black Belt Combat Sombo ASA**
**3 Time National Sombo Champion**

"This will probably be the Greatest training tool in the history of grappling"
**Leonardo Dalla Costa: BJJ Black Belt**
**Rio De Janerio Brazil**
**2 Time World Championship Medalist**

HUNTER
FIGHT WEAR
North America's Official Hunter Sportswear Importer

KIMONOS
Starting at $155.00

FIGHT SHORTS
Starting at $39.95

SHORT & LONG SLEEVE RASH GUARD
Starting at $44.95

BERMUDA CASUAL SHORTS
Starting at $39.95

T-SHIRTS & TANK TOPS
$19.95

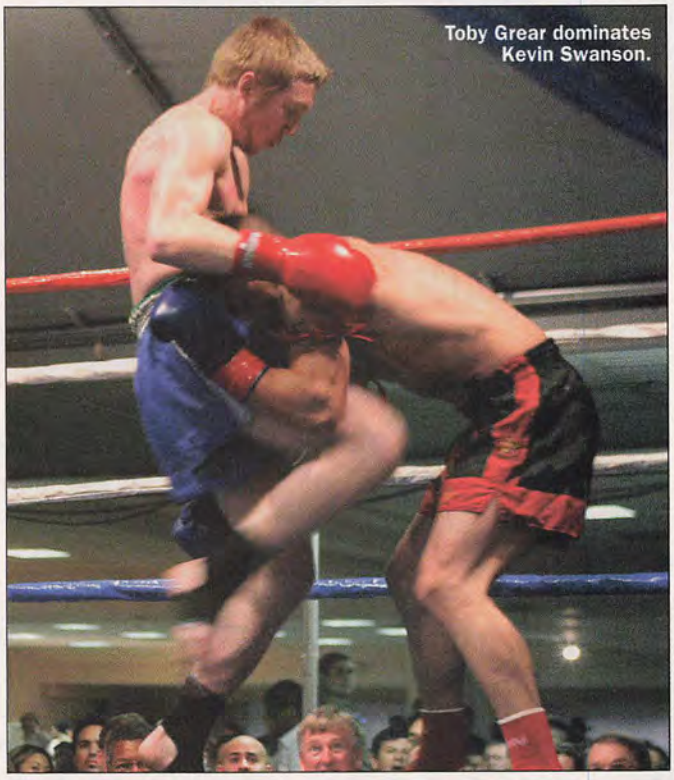
GEAR BAGS
$18.95 thru $49.95

1-800-375-6811
for more information or to place an order
HUNTERGEARUSA.COM

# Grappler's Grapevine

Continued from page 20

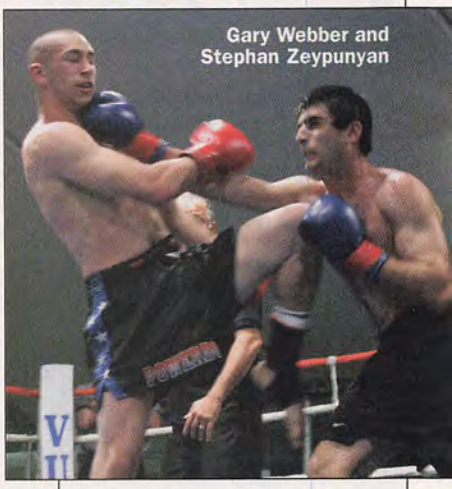
Quinton Jackson and the girls from Santa Monica Hooters



Toby Grear dominates Kevin Swanson.

Ricardo Gil as he got a unanimous 30-27 win on all three judges scorecards. **Johnny De La Cruz** then upset slugger **Beto Ibarra** by a slim 29-28 score on all the cards. This may have been enough to give De La Cruz a UWMTA title shot in the near future. **Stephan Zeypunyan** then showed his defensive wizardry in getting a narrow decision over the aggressive **Gary Webber**. The fight was close enough that you may be seeing a rematch in the not-too-distant future. Heavy-

Continued on page 114



Gary Webber and Stephan Zeypunyan

AVAILABLE NOW | LIMITED QUANTITIES

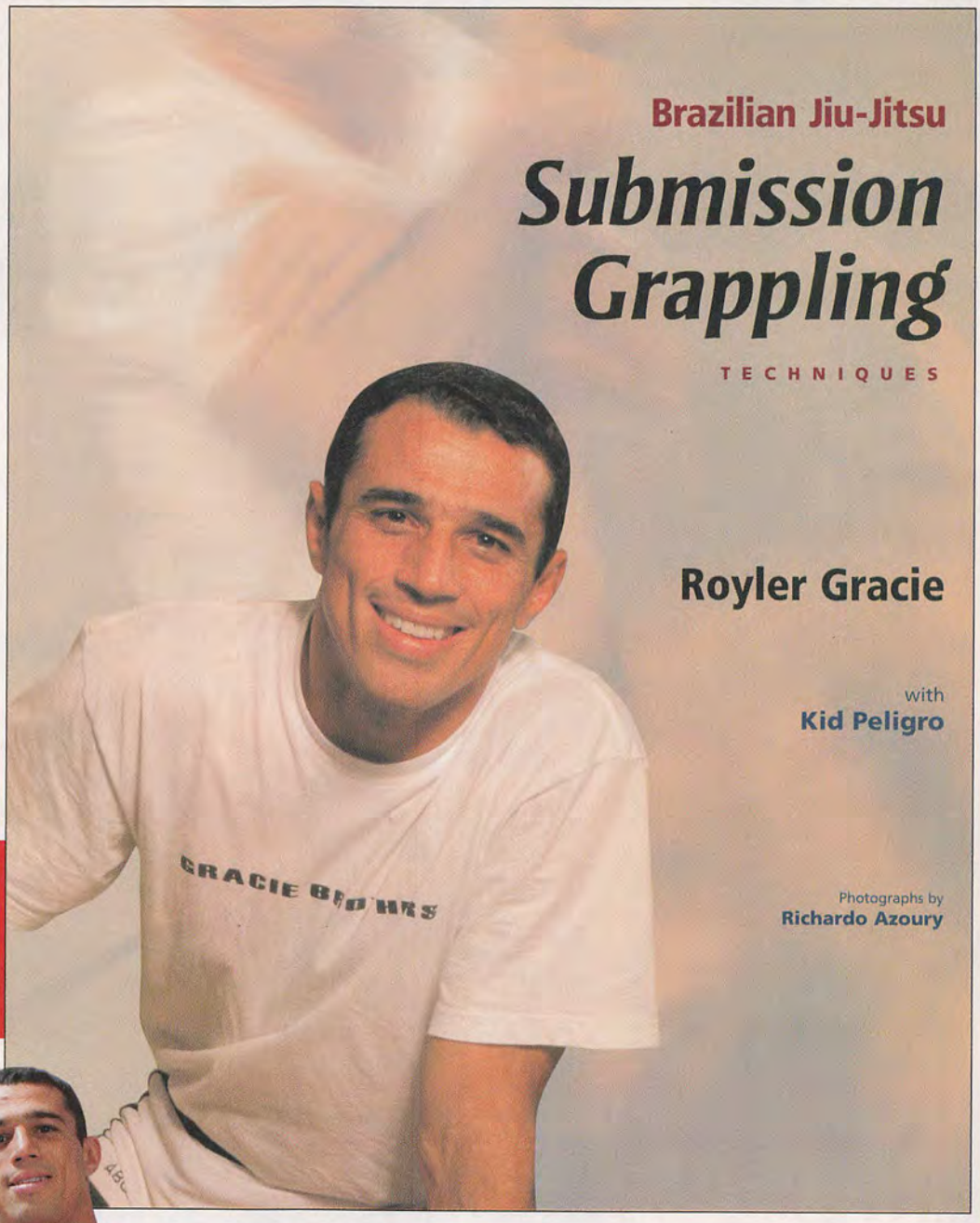
# Brazilian Jiu-Jitsu Submission Grappling Techniques

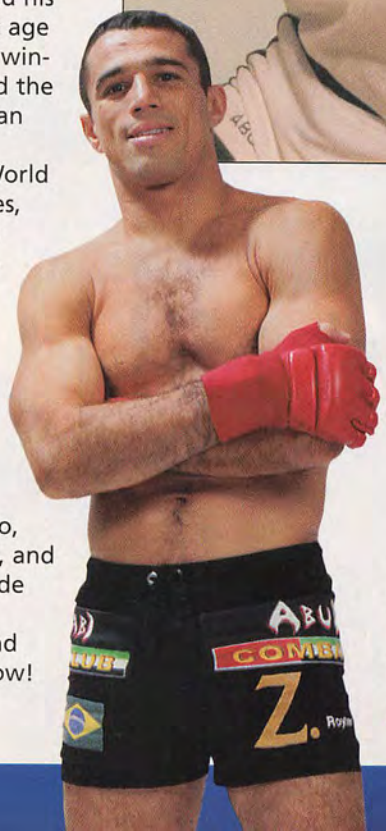
**by Royler Gracie and Kid Peligro**

Four-time World and three-time ADDC champion Royler Gracie shows 102 exclusive positions specifically designed for the fast-paced and unpredictable world of no-gi grappling. Learn Royler's unbeatable tips on fight-ending combinations garnered from more than 300 professional fights! Get Royler's exclusive advice on training routines, mental stamina, and injury avoidance that will improve your game and put you on the winner's podium!

**Get the goods from the guru of grappling! Learn the best from the best!**

Royler Gracie earned his first grappling title at age 7 and hasn't stopped winning since. Considered the most technical Brazilian jiu-jitsu fighter ever, Royler has won the World jiu-jitsu title four times, along with numerous international, national and state titles. In no-gi fighting, he won the ADCC World Submission Wrestling Championships three consecutive years! His NHB victories in Pride, Vale Tudo, 21st Century Warriors, and many others have made him a legend. Don't delay! Order today and start winning tomorrow!



**JIU-JITSU FIGHTERS: learn how to adapt your gi submissions to the no-gi game!**

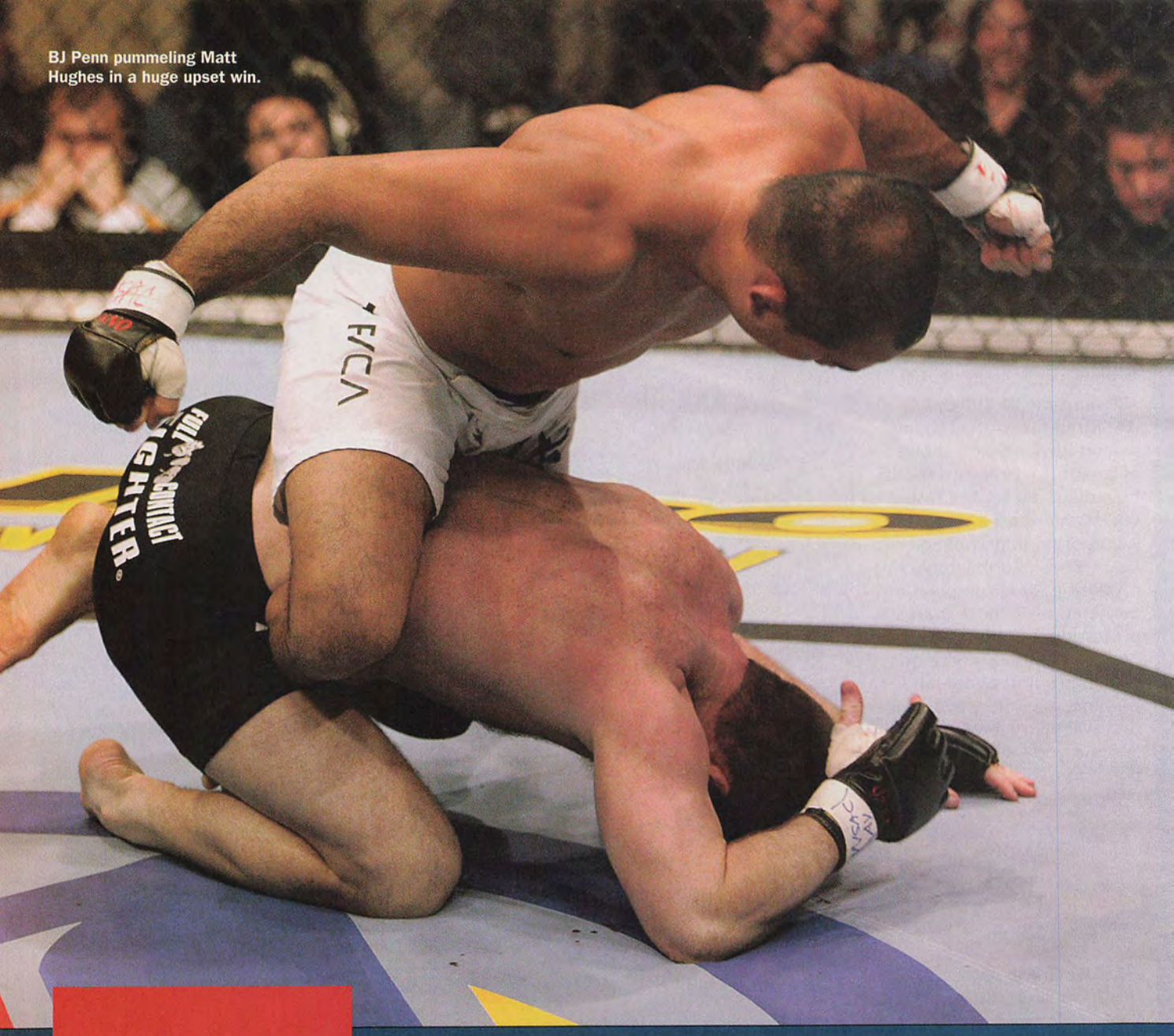
**SAMBO, JUDO, SUBMISSION WRESTLERS, AND MARTIAL ARTISTS: learn the grappling secrets that have made Royler the top submission fighter of all time!**

Credit Card, check, or money order welcome!
2165 San Diego Ave. #106, San Diego, CA 92110

**$27.95 + S&H**

Order securely on line at
**www.mmamart.com**

or by phone
**(619) 223-5553**



BJ Penn pummeling Matt Hughes in a huge upset win.

# UFC 46

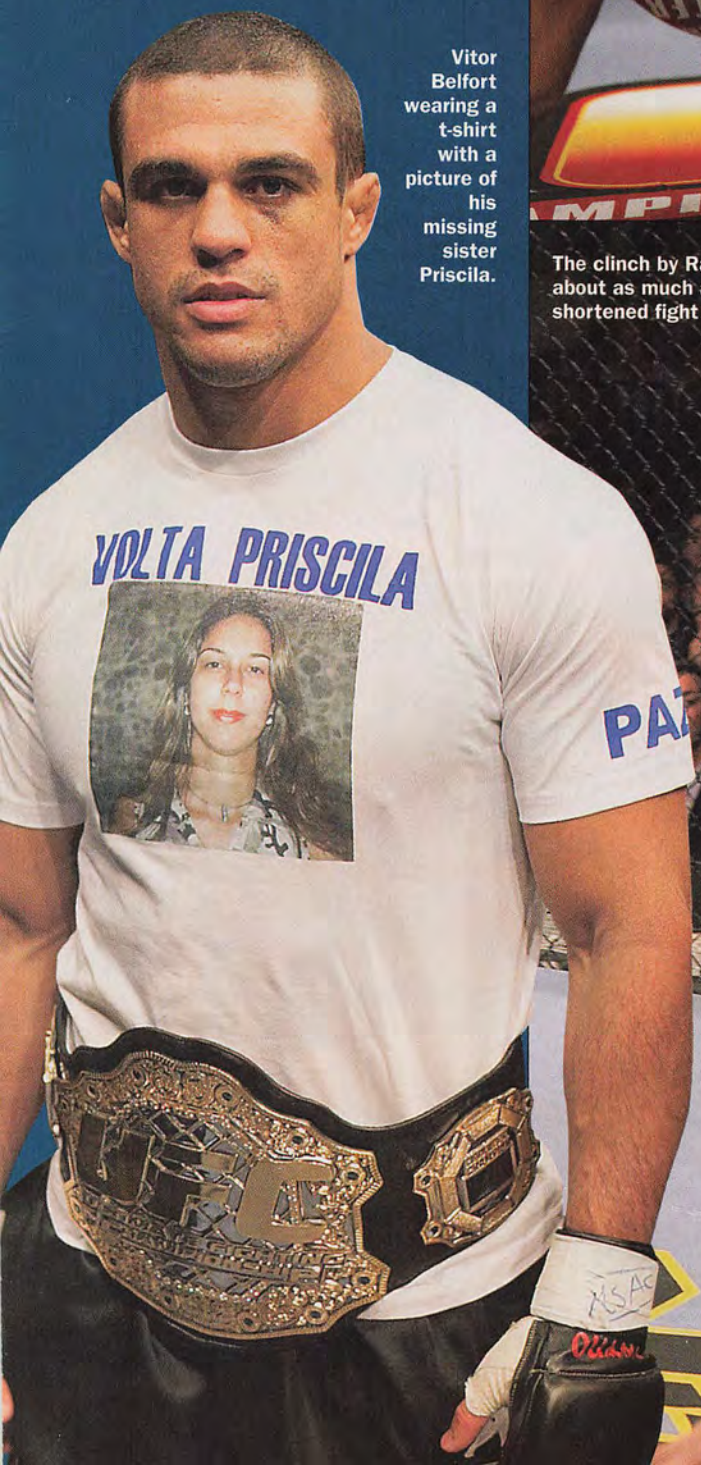
# Super Natural

**By Thomas Gerbasi** | Photos by Josh Hedges, courtesy UFC

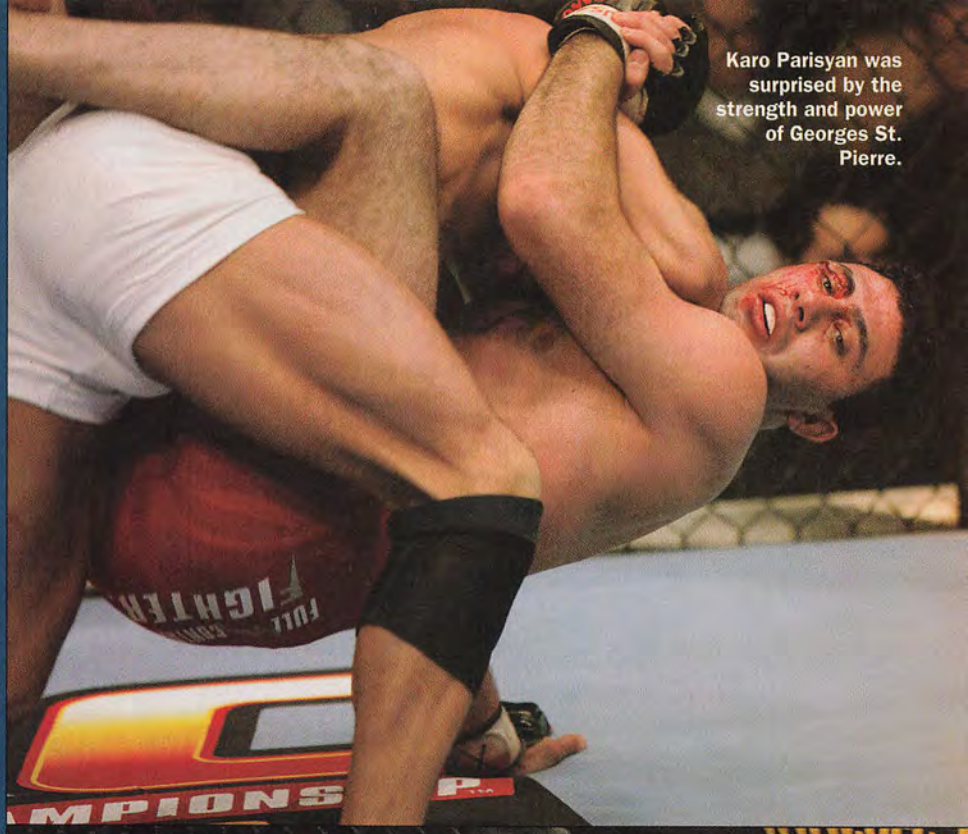
Giants fell, belts changed hands, new kids on the block staked their claims, and Vitor Belfort won a crown in an exciting UFC show that had something for everybody!

LEADING UP TO THE UFC 46 "Super Natural" show, there were plenty of compelling storylines running through the card, held on January 31 at the Mandalay Bay Resort and Casino in Las Vegas. Was BJ Penn making a huge mistake moving up in weight to challenge the most dominant champ in the sport, Matt Hughes? Would the rematch between Randy Couture and Vitor Belfort be a case of repeat or redemption? And was Frank Mir the heir apparent in the heavyweight division?

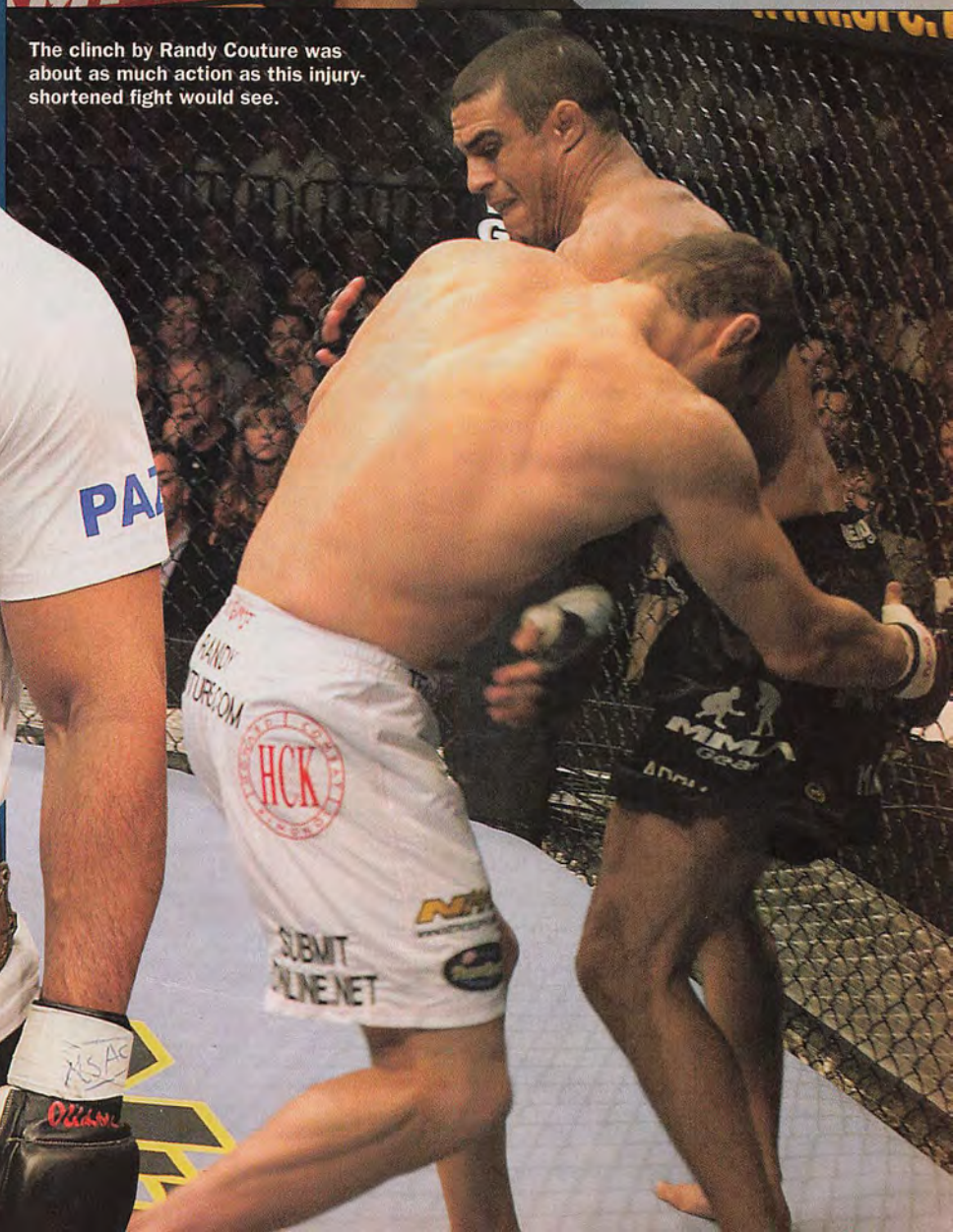
By the time the final bell tolled and February 1 crept in, these questions had all been answered. But as is the case in the unpredictable world of mixed martial




Vitor Belfort wearing a t-shirt with a picture of his missing sister Priscila.



Karo Parisyan was surprised by the strength and power of Georges St. Pierre.

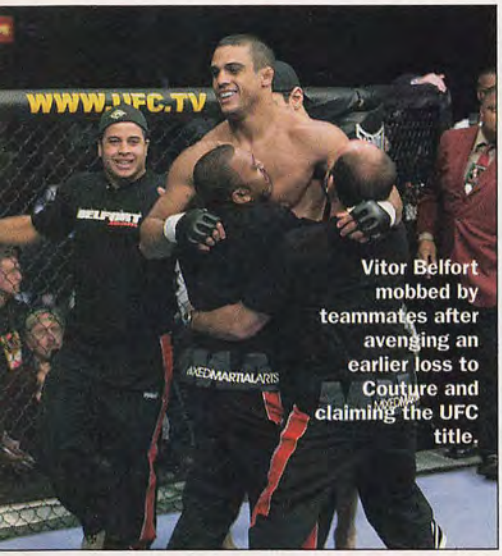



The clinch by Randy Couture was about as much action as this injury-shortened fight would see.

arts, even the most skilled prognosticator could not have predicted the outcomes a packed house in Vegas was witness to!

### UFC Light Heavyweight Title – Randy Couture vs Vitor Belfort

Fresh off dominating wins over Chuck Liddell and Tito Ortiz, UFC light heavyweight champion Randy Couture had proved that at 40, "age ain't nothin' but a number." But against Brazil's Vitor Belfort, Couture was once again going to be facing a younger, more explosive opponent (albeit one he already held a



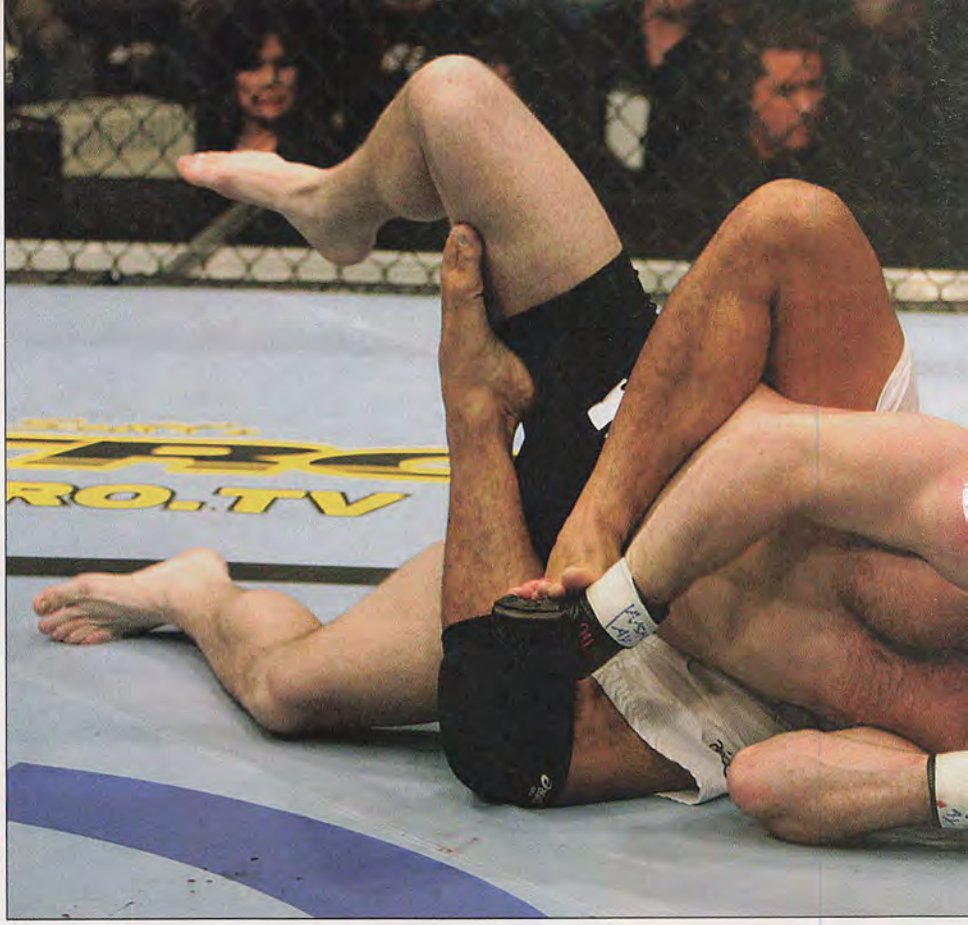
Vitor Belfort mobbed by teammates after avenging an earlier loss to Couture and claiming the UFC title.

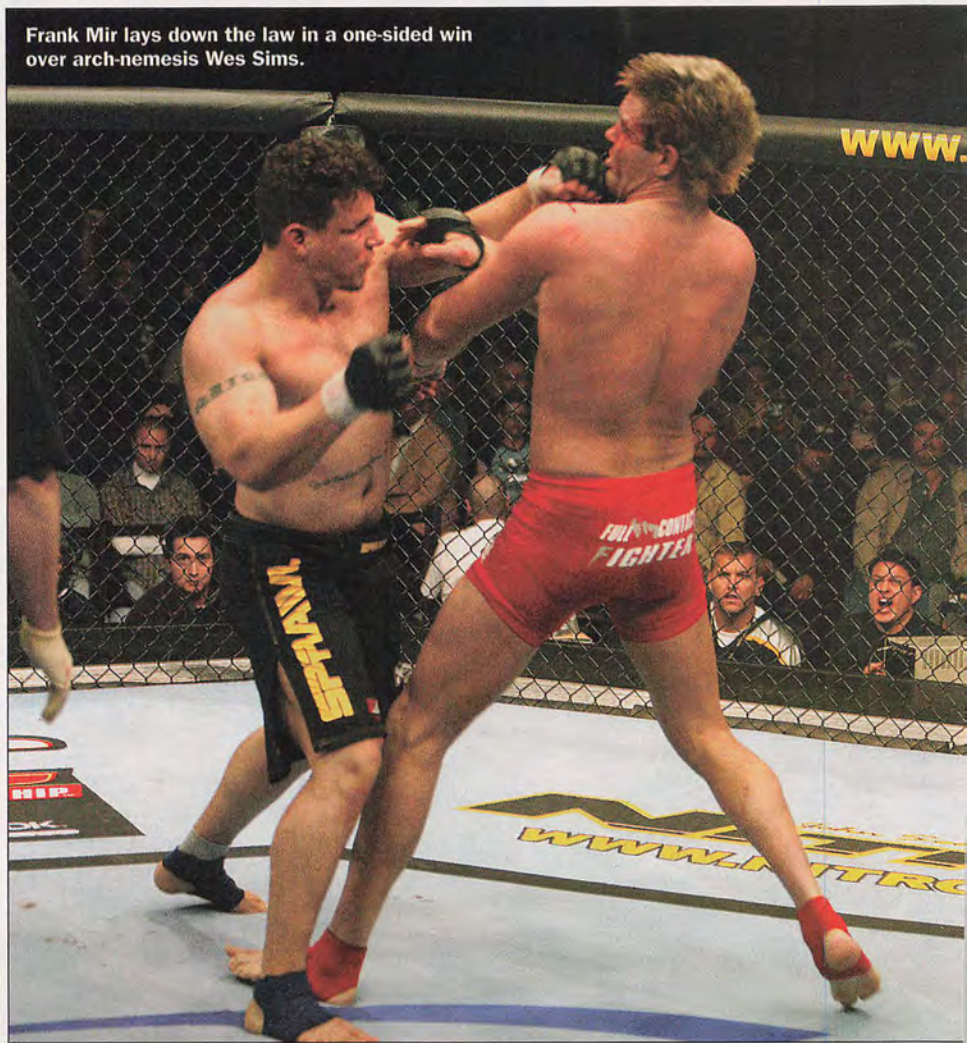
1997 victory over) making the UFC 46 main event a compelling one. Adding to the drama was the fact that Belfort's sister, Priscila, had disappeared weeks before the fight, leaving "The Phenom" in a mental state of either complete focus or complete disarray. Yet once the bout commenced, it was over almost as soon as it began.

After the two briefly sparred with each other, Belfort grazed Couture with a straight left. The two clinched against the fence, with Couture in obvious discomfort. Referee John McCarthy intervened, bringing in ringside physician Margaret Goodman to examine Couture's left eye, and she recommended that McCarthy call a halt to the bout at the 49-second mark, a stoppage that crowned Belfort the new champion.

Couture's cut required immediate surgury.

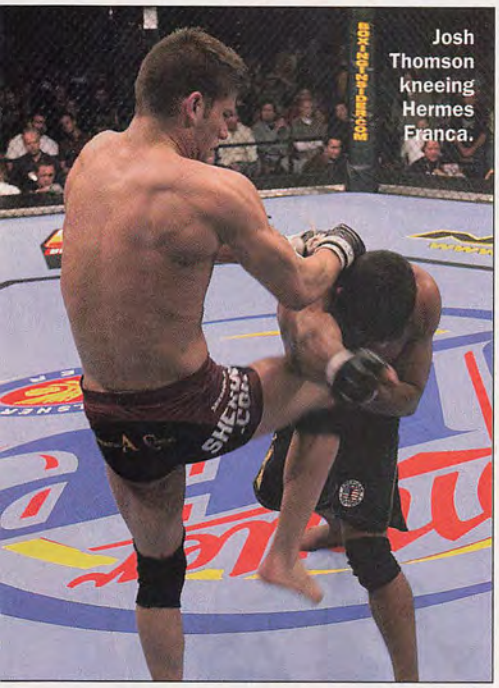
The culprit that ended the contest was a gashed lower left eyelid of Couture, a cut caused by a seam on Belfort's glove, and that



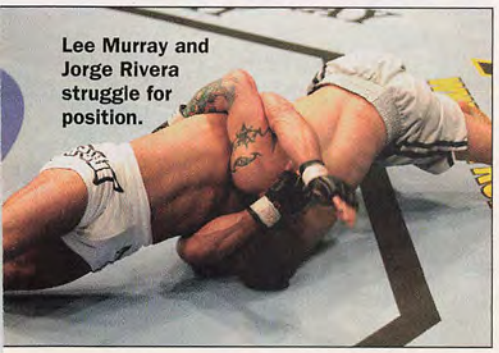


Frank Mir lays down the law in a one-sided win over arch-nemesis Wes Sims.

Matt Hughes tapping to BJ Penn's rear choke.



Josh Thomson kneeing Hermes Franca.



Lee Murray and Jorge Rivera struggle for position.

exposed the eyeball and required immediate surgery. At press time Couture's surgery was a success, and he expects to be back in action by the summer, hopefully in a rubber match against Belfort.

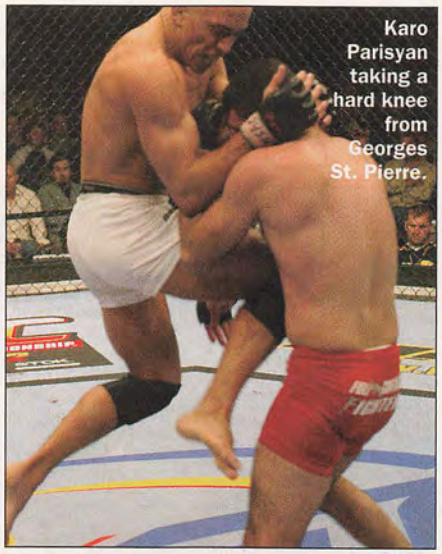
## UFC Welterweight Title – Matt Hughes vs BJ Penn

After a UFC career that saw him repeatedly touted as the sport's "Next Big Thing", Hawaii's BJ Penn was in an unusual position as he entered his welterweight championship match with Matt Hughes. Rising in weight from 155 pounds (where he failed in two title tries) to 170 to challenge a man considered to be one of the top pound-for-pound fighters in the world, Penn was seen by most to be committing athletic suicide against Hughes, who was making the sixth defense of his title.

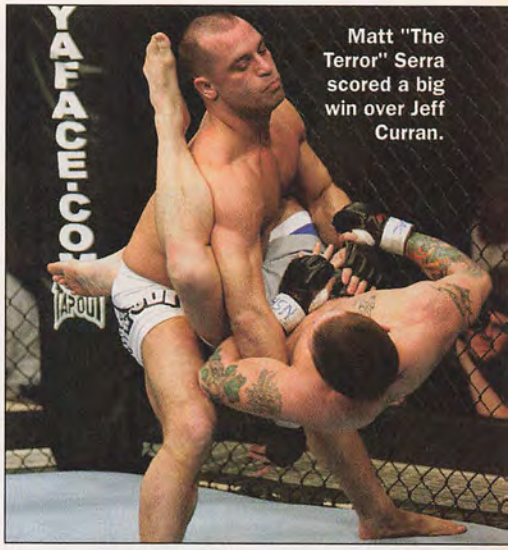
BJ Penn on top of the world.

Someone forgot to tell Penn though, who, in one of the sport's most memorable moments, fulfilled all of his exceptional promise in a mere four minutes and 39 seconds.

From the opening bell, Penn dictated the action and even appeared to be bigger physically than the champion. Soon, Hughes found himself on the mat – a bad



Karo Parisyan taking a hard knee from Georges St. Pierre.



Matt "The Terror" Serra scored a big win over Jeff Curran.

Parisyan looking for the armbar against St. Pierre.

Lee Murray showed an impressive mix of skills in his victory.

place to be against the skilled jiu-jitsu ace. To his credit, Hughes fought like a champion, striking Penn efficiently while avoiding any serious danger.

Yet as the final minute of the first round got underway, it was a strike by Penn that turned the tide of the fight. Stunned by a blow that bloodied his nose, Hughes instinctively turned to the side, giving Penn his back. With break-neck speed, Penn took the most dominant position in the sport and immediately sunk in a rear naked choke. The tap by Hughes seconds later was a mere formality, and a new champion had been crowned.

"I don't even know what I did today," exclaimed the emotional new champion.

## Frank Mir vs Wes Sims

Another highly touted young contender, Frank Mir, has been seemingly groomed for the heavyweight title since his UFC debut in 2001. In his time in the Octagon, Mir has run the gamut of fight action, from a high-profile submission win over Tank Abbott to a brutal loss at the hands of Ian Freeman. On January 31, Mir fought a man who was last seen illegally stomping him in the head – Hammer House's Wes Sims.

But in a disciplined performance, Mir erased any doubts surrounding his DQ win over Sims last June with a stunning second round TKO of "The Project".

Stone-faced and undaunted by Sims' pre-fight leering and taunting, Mir dropped Sims hard to the canvas with a double-leg takedown early in the first, and took a page out of the Hammer House playbook with some effective ground-and-pound attacks.

Sims' hung tough though, continuing to work while on his back, and even finding time to taunt Mir as the Las Vegan attempted to submit him.

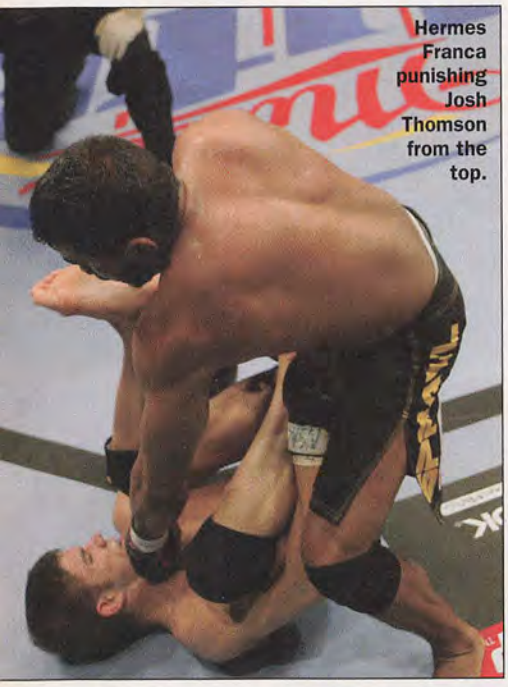
In the second, Mir appeared to fatigue and Sims was suddenly back in the fight as he scored on his foe with some heavy strikes. Yet as the time in the round started to tick away, Mir responded, and after a series of knees stunned "The Project", with a final 1-2 to the head that sent Sims down and out, forcing McCarthy to stop the bout at the 4:21 mark.

With the victory, Mir has placed himself firmly in line to face the winner of UFC 47's heavyweight title bout between Tim Sylvia and Andrei Arlovski.

## Jorge Rivera vs Lee Murray

Noted more for his post-UFC 38 street brawl with Tito Ortiz than for his work inside the ring (where he previously

*Continued on page 30*

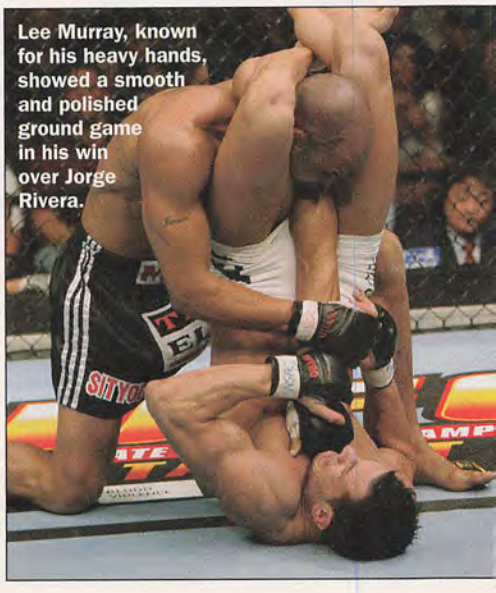


Hermes Franca punishing Josh Thomson from the top.

Frank Mir pulled off a barely concious Wes Sims.

Renato Verissimo took Carlos Newton to school on the ground.

Newton fought gamely, but couldn't match Verissimo's stand-up or ground game.



Lee Murray, known for his heavy hands, showed a smooth and polished ground game in his win over Jorge Rivera.

NEW!

$36.95

Danger: Addictive!

strength for unbreakable locks

strength for weapons training

strength for a tougher grip

strength to improve hold

# Amazing gyro exerciser builds a grip of steel

No bigger than a tennis ball, GyroTwister is a unique upper body exerciser. GyroTwister harnesses gyro energy and, at over 10,000 rotations a minute, can generate as much as 15kgs of power.

Power that exercises your arms, shoulders, fingers and grip without weights, springs or batteries. At the pace you choose. Build huge power in the arms, wrists and fingers for an unbreakable grip. Be warned. GyroTwister is addictive. Once you've tried it, you wont let it go!

*"As a WingTsun (martial arts) instructor with over 30 years experience I did not believe that a tiny device like the GyroTwister could increase grip strength and develop stronger arm and shoulder muscles. However, once tried I got hooked. It is now part of my daily training routine. I highly recommend it to any martial artist."*
***Si-Fu Stefan Fischer*** *Chief Instructor & Representative, WingTsun Australia*

*"The Ultimate tool for convenient grip-development, the GyroTwister is portable and easy to use. I work it to improve my grips, whilst relaxing at home after evening class or while sitting on a plane between seminars. It is a great training aid - but I warn you, it is addictive!"*
***John B Will*** *National Director for Machado Brazilian Jiu Jitsu Australia*

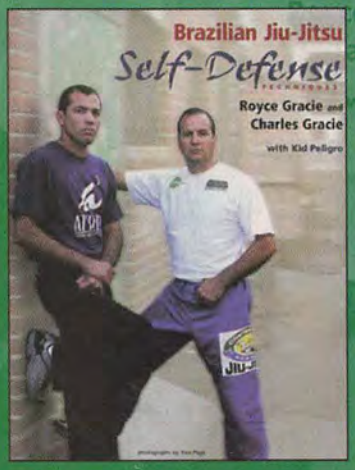
GYRO13

ORDER ONLINE TODAY

**www.gyrotwister.us**

GYROTWISTER®
THE TRAINING DEVICE THAT'S ADDICTIVE

**Brazilian Jiu-Jitsu Self-Defense Techniques**
by Royce and Charles Gracie




Beat the street! Learn to dominate any attacker! Defeat wrestlers, kickboxers, judo fighters, street brawlers and more where it really matters the most. Size, weight, and strength are no match for jiu-jitsu locks, chokes, and throws. Hundreds of full color, glossy, photographs. Easy to follow and learn. Order today! $27.95 + S&H.

**www.mmamart.com**
619-223-5553

**www.stretching.info**

Thomas Kurz at 35

**High Kicks and Splits with No Warm-Up!**

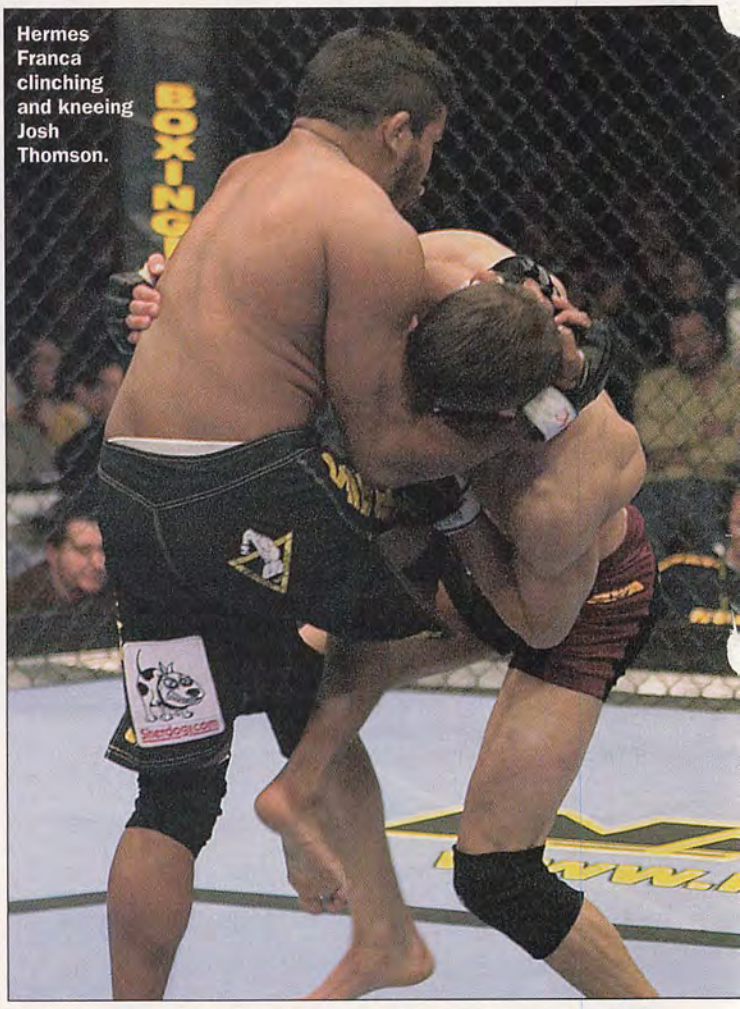
See photos of our customers in splits at www.stretching.info/photos.html

**Don't be left out! Order the best info on stretching at www.stretching.info**

Test your potential for doing splits at www.stretching.info

visit
**www.self-defense.info**
for no-nonsense fighting know-how

Wes Sims tries to defend against the Frank Mir takedown.


Hermes Franca clinching and kneeing Josh Thomson.

KO'ed Pele Landi-Johns), Great Britain's Lee Murray finally got to show his wares to US fans with an impressive submission win over Jorge Rivera in a middleweight bout.

With the reputation as a fearsome striker preceding him, Murray was predictably taken to the mat quickly by Rivera. Yet while on his back, it was Murray who shocked onlookers with his ground game, as he quickly secured Rivera in a triangle

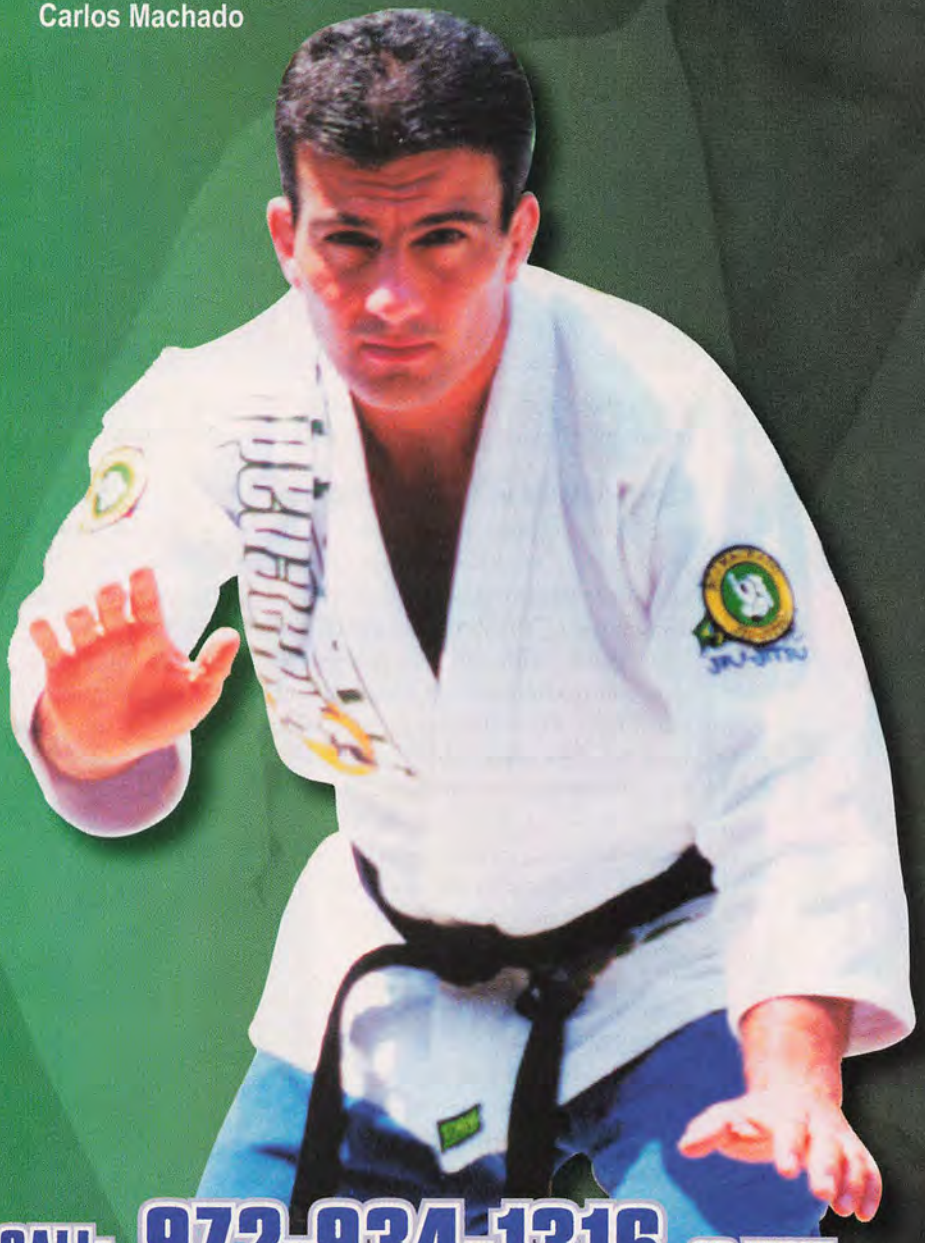
*Continued on page 32*

# ARE YOU SERIOUS ABOUT LEARNING HIGH QUALITY BRAZILIAN JIU-JITSU?

Would you like your students skills to be toe to toe with the best schools in the country? Do you have any idea what is needed to advance in rank in the art of Brazilian Jiu-Jitsu? Would you like any of your students to be part of one of the strongest competition teams in the U.S.? Would you like your school to be the top martial arts location for learning Brazilian Jiu-Jitsu in your area? If you answered yes to any of those questions, I will be willing to share my 34 years of experience in Brazilian Jiu-Jitsu with you. You will find out for yourself why the Machado method has been one of the most acclaimed in the country, and the reason behind our success in forming top notch students. For more details, please check the information below.

My warmest regards,

Carlos Machado



**OFFICIAL REPRESENTATIVES:**

**Miami Budokai**
7396 SW 40th Street
Miami, Fl 33155
786-326-6431
www.machadomiami.com

**CCI Martial Arts Academy**
5319 Yadkin Rd.
Fayetteville, NC 28303
910-487-5378
www.ccimartialartsacademy.com

**Lovato Brazilian Jiu-Jitsu Academy**
3524 North McArthur Blvd
Oklahoma City, OK 73122
405-942-7740
www.lovatojiujitsu.com

**Tim Burrill's Brazilian Jiu-Jitsu Academy**
Wanskuck Mill Complex
725 Branch Ave, Suite 119-C
Providence, RI 02904
www.ribjj.com

**Solis Martial Arts Academy**
1420 FM 1960 East Bypass, Suite # 119
Humble, TX 77333
281-540-8443
www.solismartialarts.com

**Vandry's BJJ Academy**
8650 Spicewood Springs Rd., Suite # 116
Austin, TX 78759
512-585-1289
www.austinbjj.com

**Thai Champ Gym**
Av. Junco de la Vega Y Esq Pirineos,
Suite # 1900-A
Monterrey, NL Mexico
(81) 83-58-78-92
www.thaichamp.8m.com

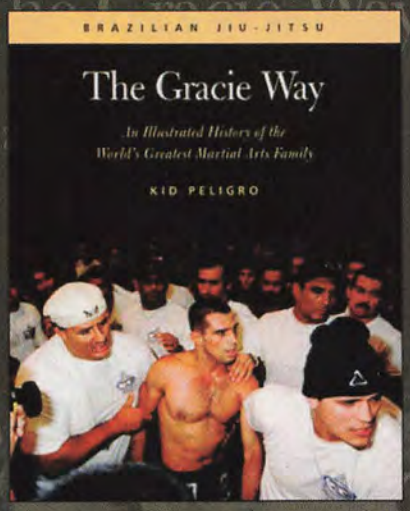
**AUTHORIZED INSTRUCTOR:**

**Daniel Gonzalez**
www.dcgonz.com

**CALL: 972-934-1316 OR VISIT**

**WWW.CARLOSMACHADO.NET**

BRAZILIAN JIU-JITSU
The Gracie Way
by Kid Peligro




Get the inside story! The life and times of the Gracie family's most storied figures. Rorion, Rickson, Royler, Royce, Rolls and more come to life on the pages of this oversized 225 page, glossy, full color, soft-cover masterpiece from Invisible Cities Press. Filled with rare high-quality glossy color photographs. Order today! $27.95 + S&H, autographed by the author.

www.mmamart.com

619-223-5553

WWW.DOGSOFWAR.NET

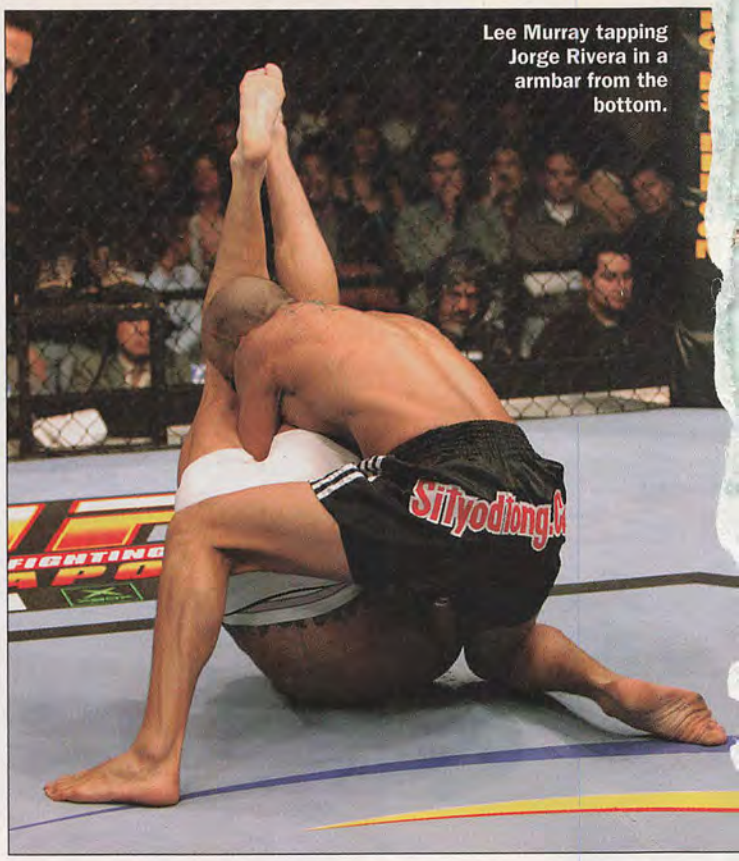
DOGS of WAR

SHIRTS
SWEATS
HATS
VIDEOS

RASH GUARDS
BOARD SHORTS
EXERCISE GEAR
AND MORE....

"RELEASE THE HOUNDS"
1-877-644-3647

WWW.DOGSOFWAR.NET




Lee Murray tapping Jorge Rivera in a armbar from the bottom.

choke that he effortlessly switched to an armbar, producing a tapout by Rivera at the 1:45 mark of the opening round.

### Carlos Newton vs Renato Verissimo

Hoping to place himself back in line to regain his welterweight title, Carlos Newton was surprisingly outclassed by UFC newcomer Renato Verissimo, who scored a lopsided unanimous decision over "The Ronin" in a three rounder.

Verissimo, with only four previous MMA fights to his credit, took control from the opening bell and never let Newton back in the fight. From effective ground work to strikes that had Newton on rubbery legs at times, Verissimo made a big splash in his Octagon debut, making a division formerly dominated by one man (Hughes) suddenly interesting again.

### Georges St. Pierre vs Karo Parisyan

Canada's George's St. Pierre, coming off a submission win over Pete Spratt, continued his hot streak with a unanimous three round decision over fellow welterweight prospect Karo Parisyan.

Effectively working his striking game while in Parisyan's guard, St. Pierre pounded his foe throughout, bloodying him in the

*Continued on page 108*

The Main Event of NHB

# KING OF THE CAGE

CLOSED FIST, FULL CONTACT, NHB CAGE FIGHTING

## SATURDAY, DECEMBER 6TH

SOBOBA CASINO, SAN JACINTO, CA

www.kingofthecage.com

# www.theoctagon.com

## Your #1 Mixed Martial Arts Website!

THE OCTAGON™
.COM
MIXED MARTIAL ARTS

MIXED MARTIAL ARTS APPAREL

## Apparel For The Entire Family!

King of the Cage & Gladiator Challenge Apparel Also Available

Graphic Designed By: Joe Camacho (323) 550 - 4016

# CLOSED FIST, FULL CONTACT, CAGE FIGHTS

## WWW.GLADIATORCHALLENGE.COM

## LIVE UPCOMING FIGHTS

| | |
|---|---|
| April 13th 2003 | EAGLE MOUNTAIN CASINO (559) 788-6220 |
| June 1st 2003 | COLUSA CASINO (530) 458-8844 |
| June 22nd 2003 | EAGLE MOUNTAIN CASINO (559) 788-6220 |
| August 24th 2003 | COLUSA CASINO (530) 458-8844 |
| September 28th 2003 | EAGLE MOUNTAIN CASINO (559) 788-6220 |
| November 16th 2003 | COLUSA CASINO (530) 458-8844 |
| December 7th 2003 | EAGLE MOUNTAIN CASINO (559) 788-6220 |

*Send video order or to be considered for GLADIATOR CHALLENGE competition, send a non-returnable demo tape to:*

**GLADIATOR CHALLENGE**
12284 Industrial Blvd., #B5
Victorville, CA 92392

## GIANT GRAB-BAG SALE on all GLADIATOR CHALLENGE Videos!!

- ❑ DVD ❑ VHS **CHALLENGE 2:** Aram, Bohlander, Rampage
- ❑ DVD ❑ VHS **CHALLENGE 3:** McKee, Lambert, Sylvia
- ❑ DVD ❑ VHS **CHALLENGE 4:** Ludwig, Miller, Rampage
- ❑ DVD ❑ VHS **CHALLENGE 5:** Ludwig, Miller, Stevenson
- ❑ DVD ❑ VHS **CHALLENGE 6:** Brink, Galindo, Rahnavrdi
- ❑ DVD ❑ VHS **CHALLENGE 7:** Miller, Ferguson, Spratt
- ❑ DVD ❑ VHS **CHALLENGE 8:** Ambriz, Prado, Kupiea

❑ ***Any 5 GLADIATOR CHALLENGE (VHS) $39.00 + $5 s&h***

❑ ***Any 5 GLADIATOR CHALLENGE (DVD) $49.00 + $5 s&h***

I've enclosed $ _____ for the above videos
Please rush my order to:

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-Mail _____

# Wanderlei Silva

## "The Axe Murderer"

**Story by Todd Hester** | Photos courtesy DSE

IN THE LAST FOUR YEARS, Brazilian fighter Wanderlei Silva has never tasted defeat. In 14 fights, all but one of which took place in Japan, he has terminated 11 opponents with extreme prejudice by knockout or TKO. But what else would you expect from a fighter nicknamed "The Axe Murderer?" It there is a fighter that generates more fear in his opponents and more excitement in his fans, he would have to be from another planet. The current undisputed number one light heavyweight in the world and the PrideFC champion, Silva doesn't beat his opponents as much as he destroys them. When an opponent enters the ring and stares across the canvas at Silva, he is looking at Jason, Leatherface, and Freddy Kruger all rolled into one. A nightmare? Yep. The Axe Murderer? Oh, yeah. But Silva isn't one to rest on his past victories. With his lethal and unique combination of muay Thai striking and Brazilian jiu-jitsu grappling, he is constantly looking for new opponents to chop down to size. While not known as well in the U.S. as he is in Japan, Silva is hoping to change that when Pride makes its long-awaited debut in Las Vegas sometime this year. Who would he like to face? "Whoever the UFC champion is," Silva says grimly. Given that two of the UFC's top light heavyweights, Vitor Belfort and Tito Ortiz, are two of the three rare losses that blemish Silva's gaudy 24-3-1 record, expect him to take it personal. If you're a fight fan that's a good thing - but if you're "The Axe Murderer's" opponent, well, don't say that you weren't warned!

Silva launching one of his spectacular attacks.

**Q: Were you a fighter when you were growing up?**

A: Yes. I have to say that I never liked to get pushed around and that when someone would start something with me I would be the one to finish it. I never bullied anyone but I also never liked those who did that. My formal fighting training began when I was in my young teens. Since I liked to fight, I wanted to know more about the martial arts and asked my friends where I could learn them.

**Q: What was the first martial art you studied?**

A: Muay Thai. It is the perfect combat art, I think. It teaches you how to use various combinations of a few simple techniques. So it is relatively easy to get the basic concepts down but then you have

Silva showing no mercy as he terminates an opponent with extreme prejudice.

plenty of places to go with it because of all the various combinations of kicks, punches, elbows, and clinches. Even though it is a striking art, you spend a lot of time learning how to tie someone up from close range. So it makes you unafraid of getting into close contact with a jiu-jitsu fighter or a wrestler when you meet them in no-holds-barred. Plus, it is a very exciting style of fighting that I think fans like to see. In muay Thai, your first goal is to knock out your opponent with a punch or kick. So you don't have that point mentality that you see from martial arts that are based on sportive points. Fans like to see battles and they like to see knockouts. So muay Thai is a very good art for fans. I think in Japan that they really like it and that it has helped me to become popular there.

**Q: Why did the striking arts appeal to you more than the grappling arts?**

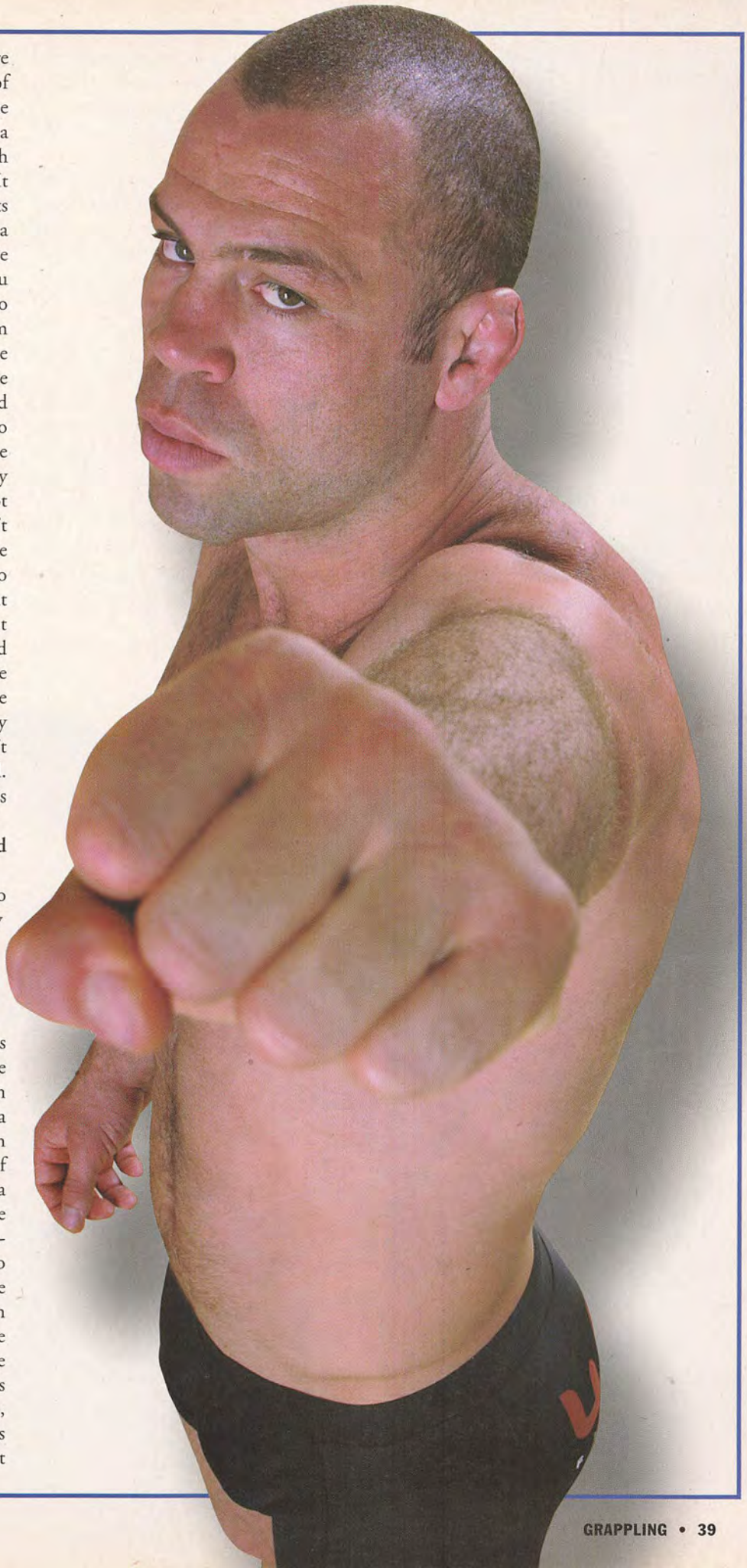
A: It was the first art that I studied so

Wanderlei Silva showing impressive ground skills in beating World Judo Gold Medalist Yoshida.

naturally I would like it the best. There wasn't as much jiu-jitsu in the south of Brazil as in the north. Plus, I think the knockout it the ultimate way to end a fight, if the fighters really strike each other and don't just circle and hold. It isn't that I don't respect the grappling arts - I do. In fact, I started training jiu-jitsu a few years ago to better be able to handle the wrestlers, judo players, and jiu-jitsu fighters I meet in the ring. I have a lot to improve on in the grappling arts, but I'm working hard at it and the results are there. The fight with Yoshida in the Pride middleweight tournament is a good example. He is a world Olympic judo champion but when the fight went to the ground I think that I more than held my own with him. So I think that says a lot about my groundwork that he didn't dominate me or make me submit. He actually surprised me because he was so strong and tough. He stood right in front of me and traded punches and he kept battling even though I hit him very hard and very often. I was surprised that he didn't do that well against Royce Gracie in their fight. Not to take anything away from Royce, but to me Yoshida didn't look like himself. He looked very tired. Maybe he was fighting so soon after his match against me.

**Q: What is Chute Boxe all about and how did you get involved with it?**

A: When I turned 15, I decided to find the best fighting academy in my town. So a friend of mine took me to the Chute Boxe school and then I met Rudimar and Rafael, my two coaches. Chute Boxe is a combination of jiu-jitsu and muay Thai. We have separate classes in both and then combine them in the ring. Students can concentrate more on one or the other if they want, and until a few years ago I really concentrated on muay Thai. But now I see the value of grappling in no-holds-barred. I laugh a little when people ask me if Chute Boxe is a rival of jiu-jitsu - Chute Boxe *is* jiu-jitsu with another martial art added onto it. It think between the two that you have the two most effective ring combat arts in the world. Anymore, fighters have to be balanced and learn both sides of the fighting game. Even Royce Gracie, who is as pure a grappler as you'll ever see, studied kickboxing and then used it in his last fight. The first time he fought



Wanderlei Silva attacking American star Quinton "Rampage" Jackson.

Silva with a jackhammer knee to Sakuraba's face.

Silva shows his explosive punching power.

Yoshida, jiu-jitsu just wasn't enough. But when he added kickboxing then it opened up his entire grappling game.

**Q: What made you decide to fight vale tudo?**

A: It was a very exciting time in Brazil after the first UFC. A Brazilian was suddenly a star in the United States and everyone wanted to try cage fighting. It was a great challenge, and it made me look for new techniques to practice and for exciting goals to achieve. I had a lot of confidence in myself, of course, but I never really thought that I would get to where I am now. I don't think that anyone can plan for that type of success. You just start out with your first fight, do your best, and then take it a fight at a time. I'm a simple guy from a small town - compared to Tokyo - and to be there fighting in front of 50 or 60 thousand fans and have them cheering for me is really something that still amazes me when I really think about it.

**Q: What was your first vale tudo fight?**

A: If you end up having 500 fights you will never forget the first one. It was with a Brazilian guy named Dilsinho when I was 21. He was almost 50 pounds heavier than me but I won the fight. I think that being used to fighting bigger guys is a big advantage in Pride, since they have very broad weight classes. In the U.S. weight isn't so much of an issue anymore since the athletic commissions have started to regulate matches. You don't get the fights with big size differences anymore there, but in Japan they are still pretty common. Yoshida, for example, had 30 or 40 pounds on me. And that isn't really a lot in Japan. You want to fight someone your own size, of course, but sometimes if you want to fight you just have to do what you have to do. Being a fighter is more of a mental attitude than it is a physical skill. Fighters fight. If you give me someone with a strong mind and a weaker body against someone with a stronger body but a weaker mind, I will bet on the strong mind any day.

**Q: Why have you fought mainly in Japan and not in the U.S.?**

A: It was just the way things worked out for me. You take the path that is offered and you do your best. You can't turn down opportunities or you might not get them again. So when I got the opportunity to go to Pride I took it and I have never regretted it. Pride has been very good to me and I have nothing but the highest regard for their show and their organization. I really would like to become more well known in the U.S., though, and I'm very excited that there

*Continued on page 91*

# The Equipment of Champions!

PHOTOS BY JASON NGHIEM - RAZOR PHOTOGRAPHY

WORLD CHAMPION
JONG SANAN FAIRTEX

Fairtex

FAIRTEXGEAR.COM

## Georgia And Japan Triumph!

# The Freestyle Wrestling World Championships

**By Eddie Goldman** | Photos by Bob Mayeri

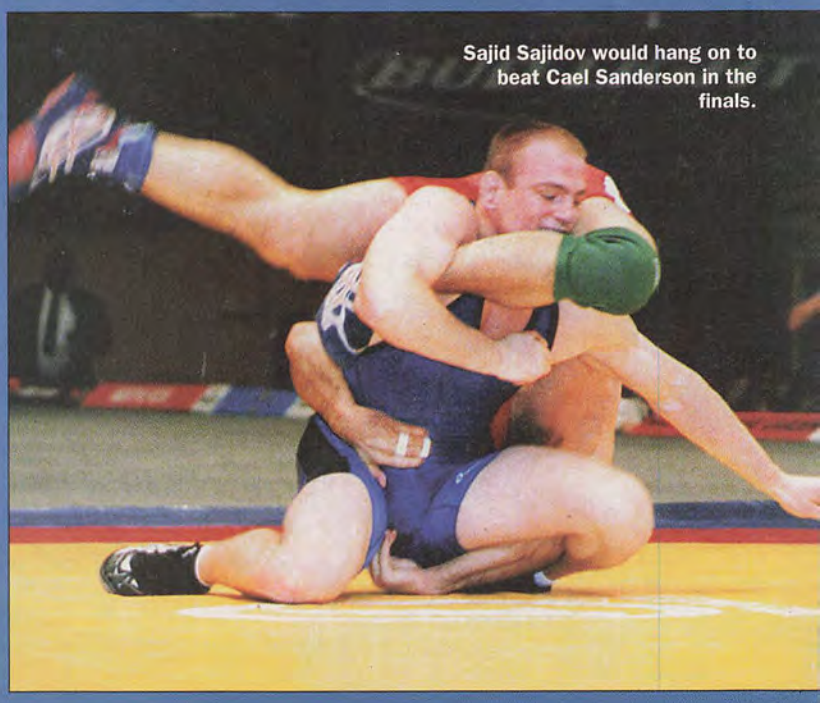
You knew something special was about to occur as soon as you walked into a still-empty Madison Square Garden the day before the start of the 2003 World Championships of Freestyle Wrestling.

*NEW YORK* - BEFORE THE COMPETITION STARTED, before the fans arrived, and as workers were putting on the finishing touches to everything required of a World Championship event, there they were, staring you right in your face: Five large wrestling mats, each with a bright circular yellow wrestling area bordered by a red circle and a blue out-of-bounds area, lined up side by side, filling up the length of the floor of the building known as the "World's Most Famous Arena." For wrestling folks, this was a sign of beauty to behold and savor. Then the best freestyle wrestlers in the world today, men and women, hit those very mats.

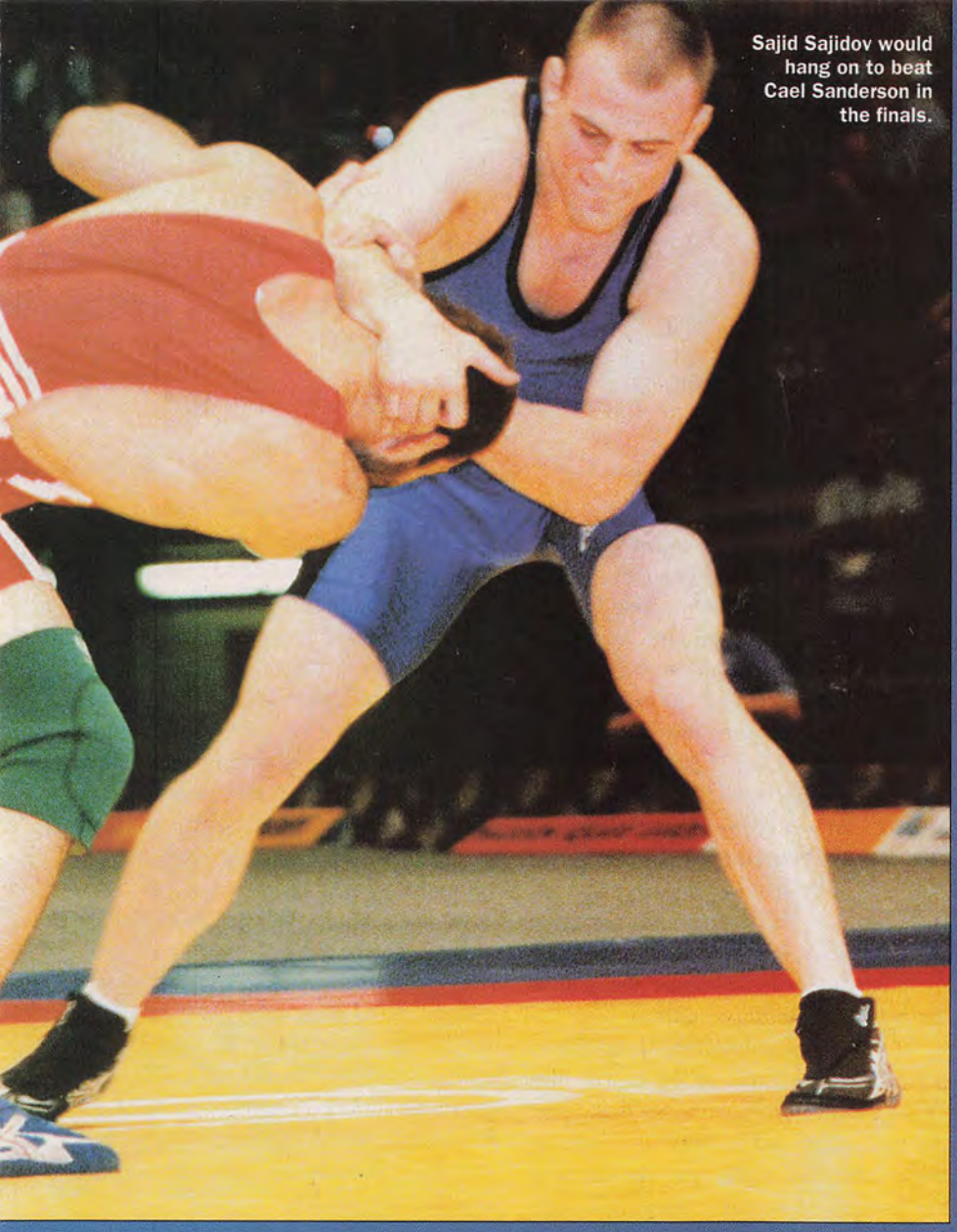
### The Race For The Men's Title

In men's freestyle, there were several teams that had a serious shot at winning the team title. The American team, which had sat out the 2002 meet in Iran after a threat of violence to the team, went in confident that the hometown advantage would leave them with a team victory. The 2002 team champion, Iran, realized that they would have no such advantage in New York, and arrived tired after trekking across Turkey in the days prior to the event to obtain their visas. Russia, always a perennial threat, brought a team mixed with veterans and newcomers.

But as the competition ensued, a darkhorse emerged. These wrestlers came from a mountainous former Soviet



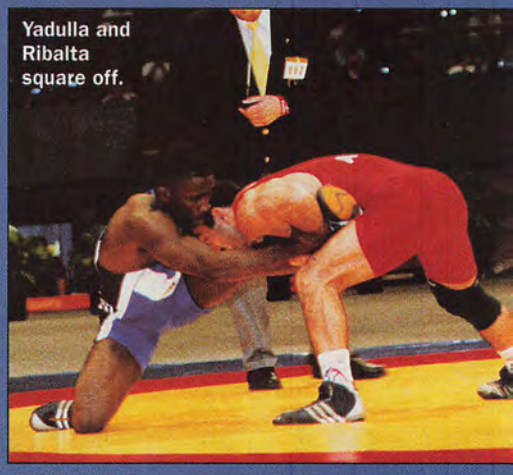
Sajid Sajidov would hang on to beat Cael Sanderson in the finals.



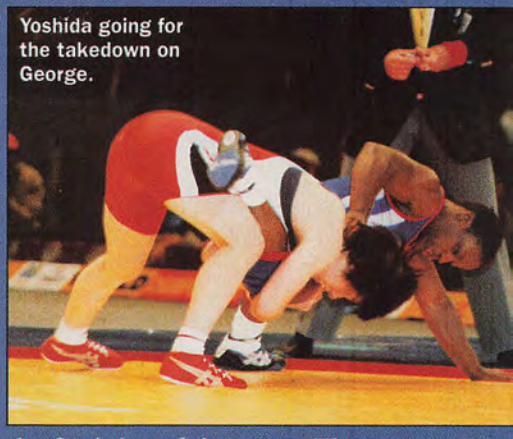
Sajid Sajidov would hang on to beat Cael Sanderson in the finals.

Republic which was located on the Black Sea, had fewer than five million inhabitants, and was a bit smaller in size than South Carolina. That country, which some Americans might have mistaken for the subject of the crooning of Ray Charles and Willie Nelson, was Georgia.

The showdown between these four teams went down to the final session of



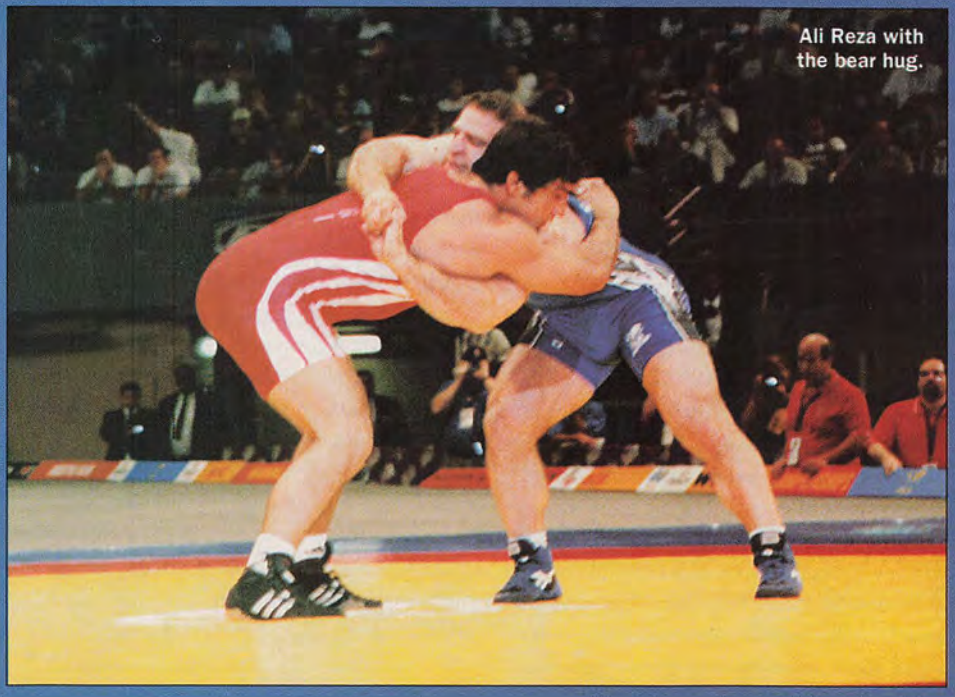
Yadulla and Ribalta square off.



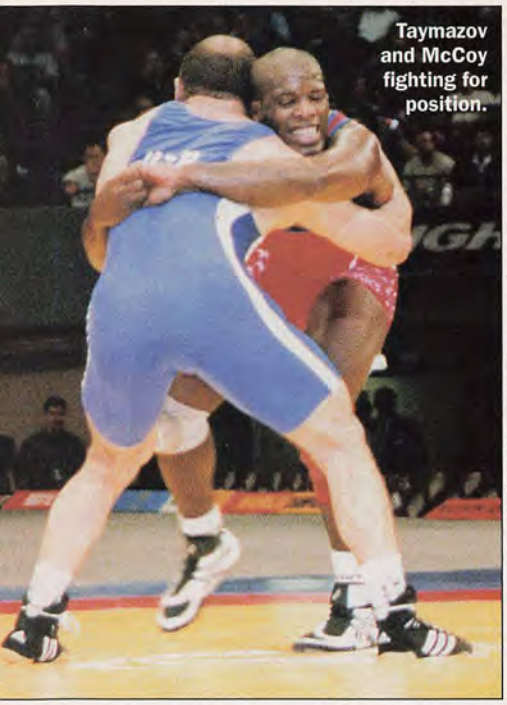
Yoshida going for the takedown on George.

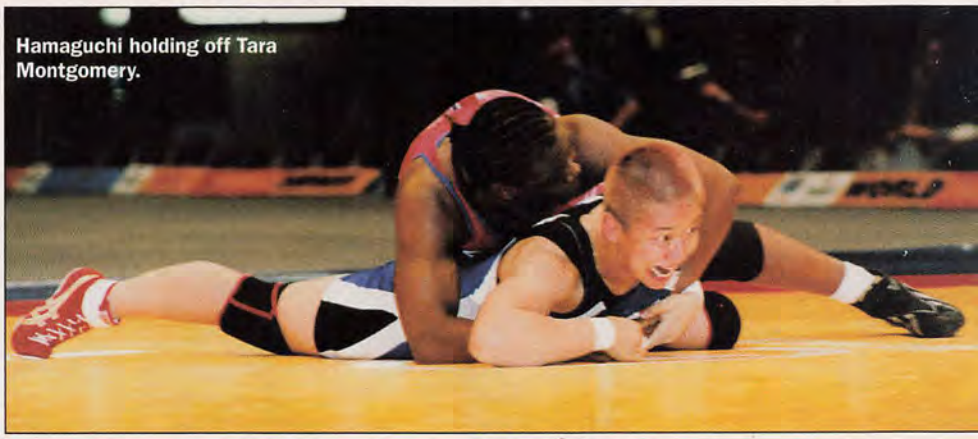
the final day of the event. The setting couldn't have been better for international wrestling. The men's freestyle finals were held Sunday night, Sept. 14, before a reported sell-out crowd of 12,757. Attendance at previous sessions was far from selling out the Garden, which was set up for about 12,000. But a large walk-up crowd, along with some serious last-minute selling of tickets within the New York-area wrestling community, especially by the Metropolitan Wrestling Association, packed the Garden to capacity for the finals.

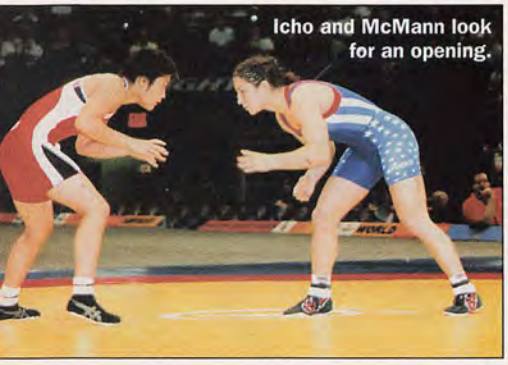
Although Russia had three wrestlers in the finals, they had virtually been eliminated from winning the team title because none of their four other wrestlers had placed in the top ten, where team points are awarded on a scale of ten for first place, nine for second, on down to



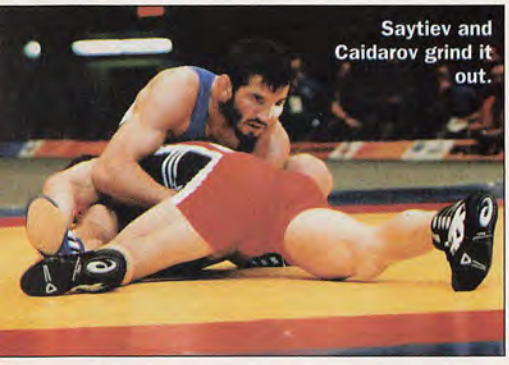
Ali Reza with the bear hug.


Taymazov and McCoy fighting for position.


Hamaguchi holding off Tara Montgomery.


Icho and McMann look for an opening.

Merlini and Miranda giving it their all.


Saytiev and Caidarov grind it out.

one for tenth. That didn't stop the Russians, however, as they reeled off three straight gold medal victories. At 66 kg/145.5 lbs., 21-year-old Irbek Farniev, the 2003 European champion, scored an upset by downing Bulgaria's two-time World Champion and 2000 Olympic silver medalist Serafim Barzakov, 3-1 in overtime. At 74 kg/163 lbs., Bouvaisa Saitiev won his fifth World Championship to go along with his 1996 Olympic gold medal by defeating Murad Caidarov of Belarus in a 2-2 overtime referee's decision. Saitiev, his head bandaged after a head butt in an earlier bout that left a cut under his eye, was also named the men's outstanding wrestler.

The Americans had their first of two entrants in the finals at 84 kg/185 lbs. College superstar Cael Sanderson, now 24, and undefeated in his four seasons at Iowa State, had made it to the finals in his first trip to a senior World Championship. His opponent, 23-year-old Sajid Sajidov of Russia, was also in his first senior Worlds, but he had already made his mark on the international freestyle circuit. He had been a European freestyle champion in 2001 and 2002, and a Junior World Champion in 1998 and 2000, at the time when Sanderson was focusing on thrashing other college kids under America's folkstyle rules. While Sanderson had been a World university freestyle champion in 2000, this was new territory for him, and it showed.

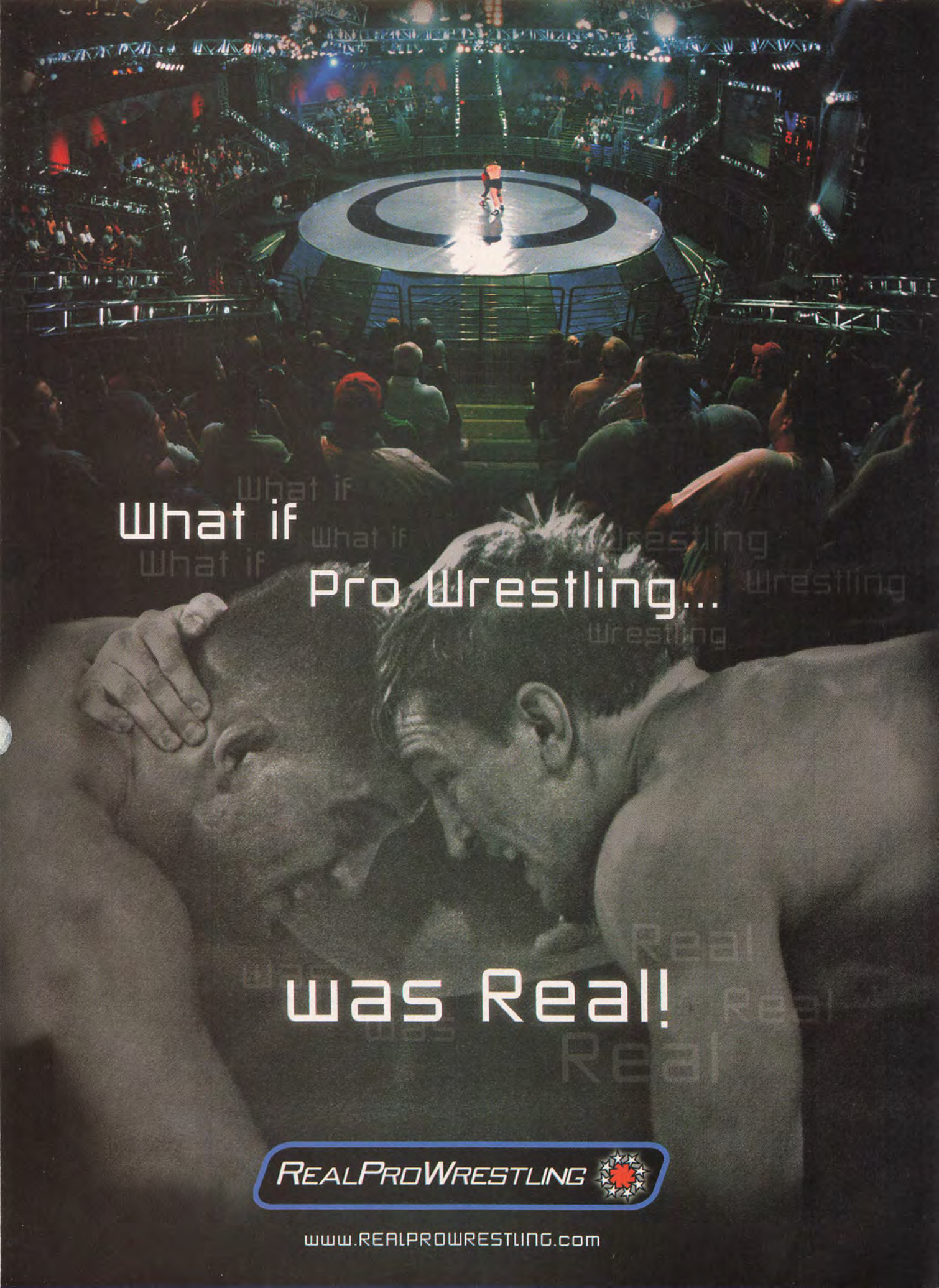
Sajidov scored first with a takedown in the first period, a feat rarely seen against Sanderson when he wrestled in college. Sanderson did even the score early in the second with a takedown, 1-1. Later Sajidov looked like he scored a takedown after a wild scramble, but after a video review each man was awarded two points, a call most believed was overly generous to Sanderson. Nonetheless, it was tied at 3-3, with time dwindling. In the final minute, Sanderson tried to shoot in low, but it was Sajidov who got Sanderson's ankle. The Russian was able to score the takedown, without any controversy this time, and thus take the match, 4-3, and the gold medal.

With the U.S. having lost this final, the outcome of the next match, at 96 kg/211.5 lbs., would determine the team champion. Here 31-year-old veteran Eldar Kurtanidze of Georgia, the only defending 2002 World Champion to make it to the 2003 finals, and a two-time Olympic bronze medalist, was taking on the same men he faced in the 2002 finals: 28-year-old Ali Reza Heidari of Iran, a 1998 World Champion. In 2002, Kurtanidze edged Heidari in the finals with a 2-1 overtime win. Their rematch thus began cautiously, with a scoreless first period.

The rules of international wrestling require that a match begin in the clinch position in the second period after no scoring in the first. Few in wrestling are happy about this rule, or even clear just how to implement it. So when Kurtanidze and Heidari tried to lock up, there was more confusion and difficulty, with Heidari being given a caution for failure to lock up properly. Finally, however, the two grapplers locked up, and it appeared that the shorter, stockier Kurtanidze would be at a disadvantage in such a position to the taller and muscular Heidari. Then they wrestled.

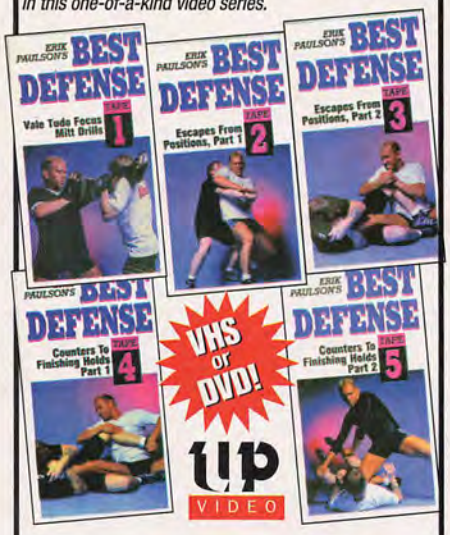
Initiating a move, Kurtanidze got hold of Heidari's arm. Holding onto that arm, he spun the Iranian and threw him through the air, exposing his back to the mat. Kurtanidze had not only prevailed in the clinch, but had pulled ahead 3-0 in

*Continued on page 46*


What if
Pro Wrestling...
was Real!
RealProWrestling
www.REALPROWRESTLING.com

# ERIK PAULSON'S BEST DEFENSE

*Erik Paulson is one of the most versatile and well-rounded teachers and fighters in martial arts today. The Shooto World Light Heavyweight Champion for the past five years, Paulson has fought against and beaten some of the world's top fighters. Now one of the most sought after instructors in the world reveals his secrets in this one-of-a-kind video series.*




**VOLUME 1: VALE TUDO FOCUS MITT DRILLS**
*Erik shares his unique training sequences.*
*57 minutes (VHS)-PAUL01 • (DVD)-PAUL01-D:* **$29.95**

**VOLUME 2: ESCAPES FROM POSITIONS, PART 1**
*Erik introduces the viewer to his devastating arsenal of escape techniques.*
*58 minutes (VHS)-PAUL02 • (DVD)-PAUL02-D:* **$29.95**

**VOLUME 3: ESCAPES FROM POSITIONS, PART 2**
*In this continuation of the previous volume, Erik shares more of his ingenious escapes.*
*53 minutes (VHS)-PAUL03 • (DVD)-PAUL03-D:* **$29.95**

**VOLUME 4: COUNTERS TO FINISHING HOLDS, PART 1**
*From the guard to the mount, Erik demonstrates why there's no such thing as an unbreakable submission hold.*
*54 minutes (VHS)-PAUL04 • (DVD)-PAUL04-D:* **$29.95**

**VOLUME 5: COUNTERS TO FINISHING HOLDS, PART 2**
*Erik reveals more of his secrets for turning the tables on your opponent.*
*57 minutes (VHS)-PAUL05 • (DVD)-PAUL05-D:* **$29.95**

All orders add $4.50 for shipping. & handling
CA residents add 8.25% sales tax.

**TO ORDER CALL:**
**(800) 332-3330**
**www.cfw2.com**

## FREESTYLE WRESTLING

*Continued from page 44*

the match. The normally partisan American crowd cheered this classic throw, executed by this Georgian during a tight team race that was getting out of reach for the U.S.

It would be enough to take the match, as the final score was 4-0. That not only gave Kurtanidze the gold medal, but more importantly clinched the team title for Georgia. It also provided the fans with what was arguably the most memorable throw of the entire event. Now, Iran could not win the team title, and even an American victory at heavyweight would leave them short.

Still, the 120 kg/264.5 lbs. matchup between American Kerry McCoy and Artur Taymazov of Uzbekistan had a lot riding on it. The 29-year-old McCoy was a New York State high school champion, wrestling at nearby Longwood High. He had never won a World medal before, and had lost to Taymazov in the 2000 Olympics. Time was running out on his career, and this was his big shot on his home turf.

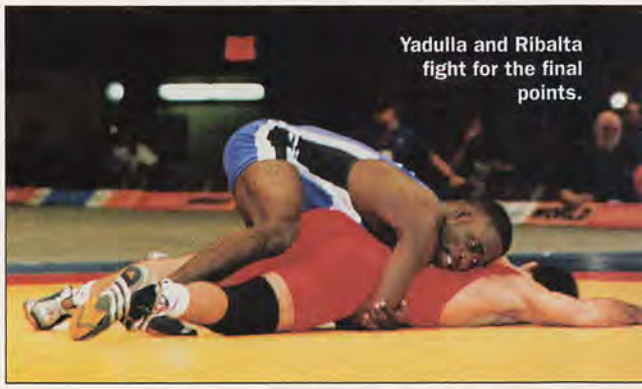
Taymazov scored first to go up 1-0 in the first period, but both men had difficulty scoring. With just nine seconds left in regulation, McCoy countered a shot by Taymazov to even the score at 1-1. With neither man scoring three points, the match had to go to overtime, and yet another clinch.

McCoy locked up first. But just 12 seconds into the overtime, Taymazov was able to crush McCoy directly to his back for a three-point throw. That made it 4-1 for Taymazov, giving him the match and his first gold medal. McCoy, by finishing second, earned a silver medal.

The final tallies gave Georgia the team title with 33 points, including one gold medal, one bronze, two fifth-place finishes, and one eight-place finish. Both the U.S. and Iran were next with 31 points, but the U.S. finished second because it had two silvers to just one for Iran. Russia was fourth with 30 points, all for its three World Champs.

The second-place finish for the U.S. was bittersweet, since the Americans had hoped to win it all in New York. But Sanderson won a silver medal in his first shot, McCoy finally got a World medal, and performances by Stephen Abas at 55 kg/121 lbs., who finished fifth, and Daniel Cormier at 96 kg/211.5 lbs., who also finished fifth, provided hope for the future.

The real low points for the Americans came in the sportsmanship department.


Yadulla and Ribalta fight for the final points.

After losing 6-3 in the quarterfinals, Cormier pushed Heidari. And losing a close 5-3 match to Damir Zakhartdinov of Uzbekistan, Eric Guerrero had a fit on the mat. Despite later apologies, these actions further compromised the international good will that events such as these should be building.

### Japanese Women Take On Americans In Finals

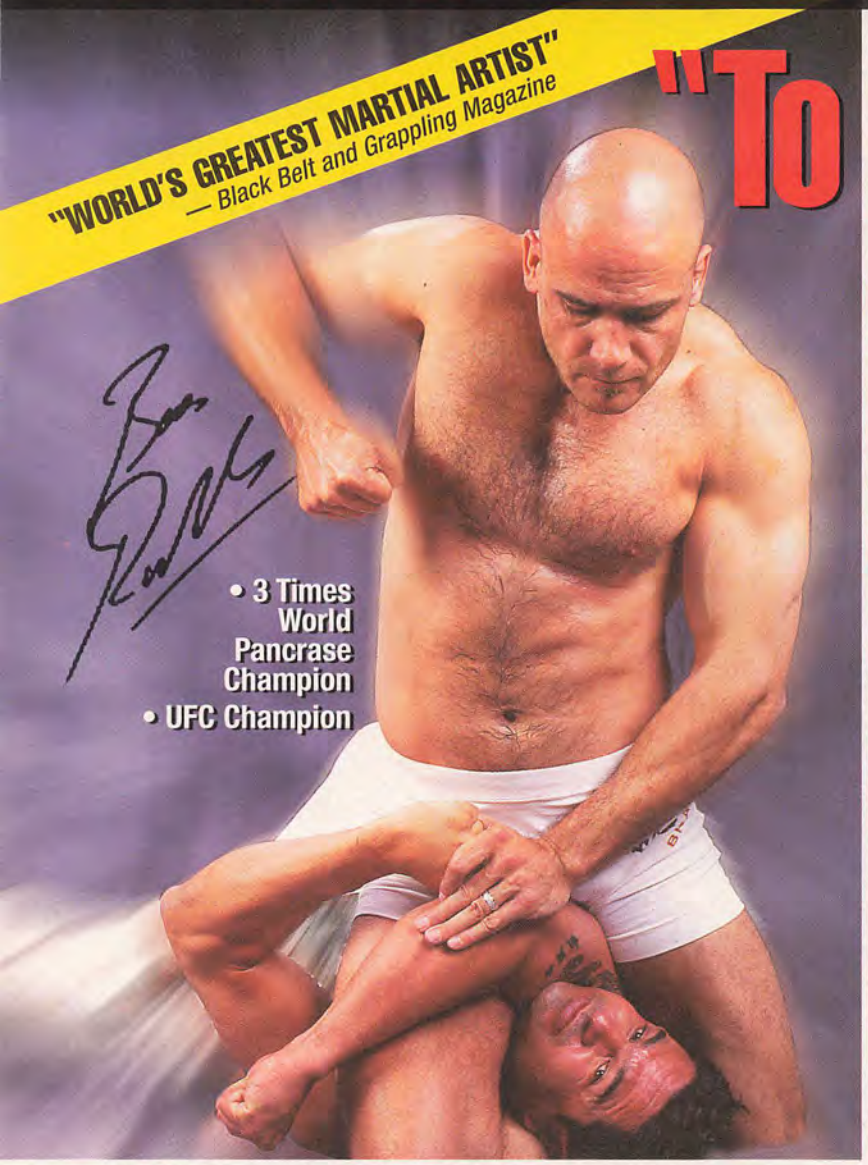
The race for the women's team title boiled down to two teams, Japan and the U.S. The Americans seemed in good position as the final day of competition began, placing all seven wrestlers in the semifinals. Defending World Champion Japan placed only five wrestlers in the semis, so they had their work cut out for them. But with Americans Jenny Wong at 51 kg/112.25 lbs. and Sally Roberts at 59 kg/130 lbs. losing in the semis, and all the Japanese women winning in that round, the team race would go down to the final round. In particular, there would be three critical Japan-U.S. matchups that would determine the outcome of the team race.

As the finals went on, one-by-one the American women fell. At 48 kg/105.5 lbs., Irini Merleni of Ukraine edged American Patricia Miranda, 5-4, to win her third World Championship and also take home the outstanding women's wrestler honors. Then the Japanese women began a streak of their own, but in the win column. At 51 kg/112.25 lbs., Chiharu Icho of Japan decisioned Natalia Karamchakova of Russia, 3-0. Japan also won the first head-

*Continued on page 86*

# BAS RUTTEN

"WORLD'S GREATEST MARTIAL ARTIST"
— Black Belt and Grappling Magazine




# "To Survive

## in the street or ring, you must have the whole package and be proficient in every aspect of combat or you won't last 10 seconds!"

— Bas Rutten

*As a legendary no-holds-barred fighter and street brawler,* ***BAS RUTTEN*** *honed and tested his brutally effective techniques in UFC and Pancrase no-holds-barred competitions, and in street brawls as a doorman in Europe's toughest clubs. His experience, knowledge and success is now available to serious martial artists and grapplers everywhere in the* ***BIG BOOKS OF COMBAT 1 & 2!***

***BIG BOOK 1*** *covers all aspects and positions of striking, standing, and ground fighting – defense and offense – plus conditioning, weight training, takedowns, and more!*

***BIG BOOK 2*** *covers hundreds of grappling submissions, reversals, escapes, standing-to-ground transitions, and more!*

*Take your game to the next level with* ***BAS RUTTEN'S*** *proven, effective, and unstoppable real-world combat and training techniques! Don't delay! Buy* ***BAS RUTTEN'S BIG BOOKS OF COMBAT*** *now!*

*•Both books total contain over* ***1000*** *pages and* ***5000*** *photos! Now on special! Get the complete set for the amazing low price of only* ***$99.95 + S&H.***

*•But that's not all! Get the most out of your training by combining the Big Books with* ***6*** *incredible hours of* ***AUDIO CDs****!* ***BAS*** *himself narrates the books step-by-step, giving you his personal training insight and secret insider fighting tips! When purchased with the Big Books, this unbelievable* ***6 CD TRAINING TOOL*** *is yours for only* ***$149.95*** *with* ***FREE SHIPPING*** *and a* ***FREE GIFT****!*

## ORDER YOURS NOW!

**www.BasRuttenBooks.com**
**or (413) 256-0067**

MMA MEDIA
A Mixed Martial Arts, LLC Company

*Wholesale inquiries welcome*

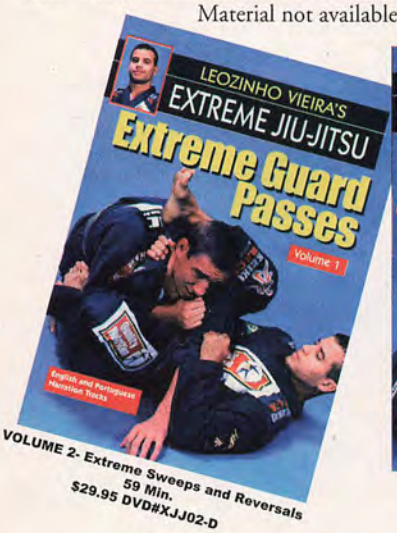
# CFW'S NEWEST GRAPPLING TITLES!

## NOW AVAILABLE ON DVD!!!

## The Ultimate in Brazilian Jiu-Jitsu!

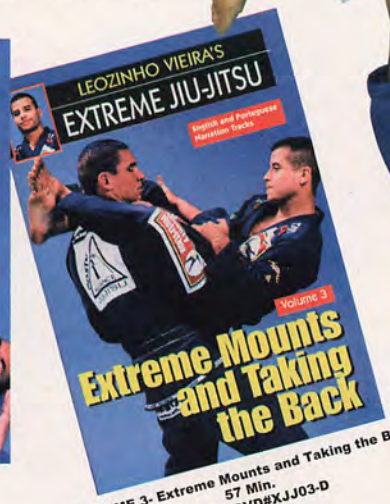
"When done right, these techniques cannot be stopped." - Leo Vieira

Leo Vieria is considered the most innovative grappler in the world. After a lifetime study of Jiu-Jitsu, Leo developed one of the most aggressive and dynamic forms of Brazilian grappling in the world! Until now, these techniques and strategies were the trade secrets that led him to victory after victory. In this unique three-volume series, Leo reveals the secrets of his personal system. Material not available anywhere else in the world!




VOLUME 2- Extreme Sweeps and Reversals
59 Min.
$29.95 DVD#XJJ02-D

VOLUME 1- Extreme Guard Passes
57 Min.
$29.95 DVD#XJJ01-D



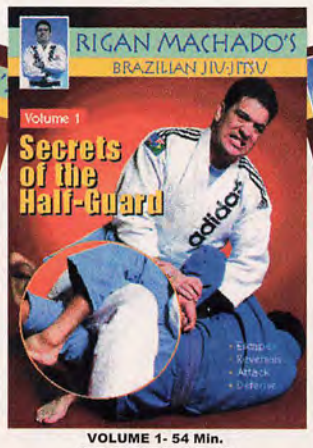

VOLUME 3- Extreme Mounts and Taking the Back
57 Min.
$29.95 DVD#XJJ03-D

## Rigan Machado's Secrets of the Half-Guard

"The Jiu-Jitsu you learn today you can use today." - Rigan Machado

Rigan Machado is one of the world's foremost instructors of Brazilian Jiu-Jitsu. The half guard is one of the most popular and effective positions in Jiu-Jitsu and mixed martial arts. Put the two of them together and what do you get? The most extensive series on the half guard in the world! Learn locking positions, escapes, reversals, leg locks, attack and defense. (NOTE: This is a complete three-volume series. Each tape is a continuation of the previous volume).

VOLUME 2- 56 Min.
$29.95 DVD#MACH05




VOLUME 1- 54 Min.
$29.95 DVD#MACH04

VOLUME 6- 54 Min.
$29.95 DVD#MACH06

## ORDER ONLINE WWW.CFW2.COM OR CALL 800-332-3330

SHIPPING AND HANDLING: Continental United States – $5 for the first item, $2.50 for each additional item. HI, AK, PR, Canada: $6 for first item, $4 for each additional item. Additional shipping charges and/or duty fees may occur on orders outside of North America. California residents please add 8.25% sales tax

# Collectors and How to BOOKS

## Grappling Masters

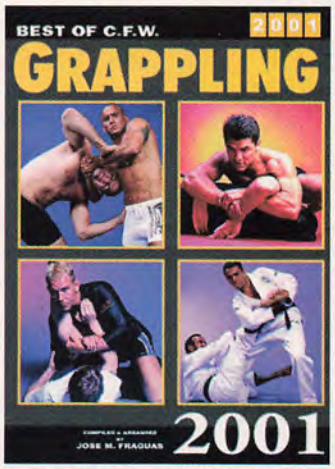
**By Jose Fraguas**

**BEST OF GRAPPLING 2001**
**#153 / $19.95 / 7X10 / 350 pgs.**

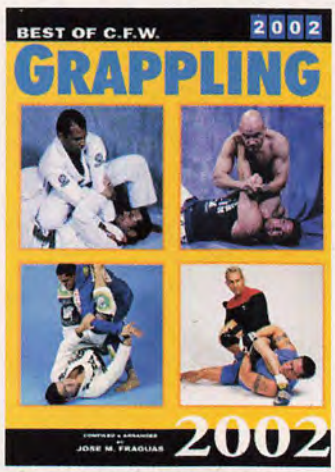
In Grappling Masters, through conversations with historical figures such as Helio Gracie, Gene LeBell and Wally Jay, and numerous current world-class masters such as Rorion Gracie, Gokor Chivichyan, Oleg Taktarov, Rickson Gracie and Marco Ruas, the many threads of grappling learning, legend and lore are woven together to present a complete and integrated view of this eclectic art of fighting, philosophy, and self-defense. For the first time, interviews with 24 of the world's top grappling masters have been gathered together in one book.

Containing information that has not appeared anywhere else, the interviews contain intriguing thoughts, fascinating personal details, revealing philosophies and hidden history. Each master reveals a true love for the art and a deep understanding of every facet of the practice and spirit of the various grappling disciplines. No matter how well you think you know these masters of unarmed combat, you haven't truly experienced their wit, wisdom, and insight until you've read *Grappling Masters*.

## BEST OF Grappling Series




**BEST OF GRAPPLING 2001**
**#610 / $19.95 / 7X10 / 280 pgs.**




**BEST OF GRAPPLING 2002**
**#611 / $19.95 / 7X10 / 280 pgs.**

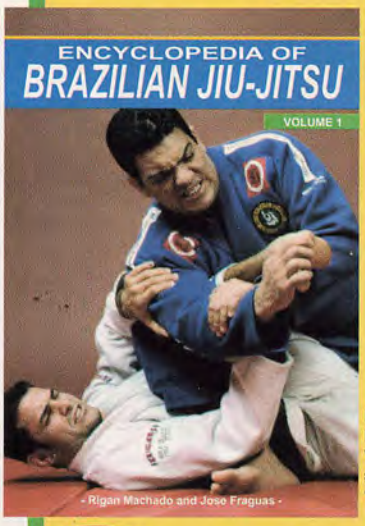
CFW Enterprises/Unique Publications, the world's leading publisher of martial arts magazines, books and videos, is proud to bring you the "BEST OF" SERIES. Selected from an enormous field of articles published in various martial arts titles, this collection covers all aspects of martial arts, from personalities to fitness, from training to self-defense. It can truly be considered the "best of the best." A true collector's items.

## ENCLYCLOPEDIA of Brazilian Jiu-Jitsu

**By Rigan Machado & Jose Fraguas**

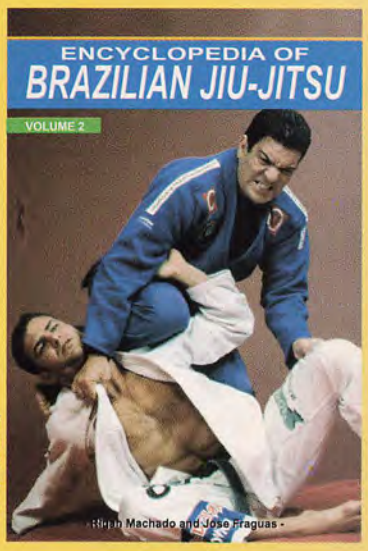
### VOLUME 1 & 2

Following his breakthrough best-seller, "Essence of Brazilian Jiu-Jitsu," Rigan Machado now goes into a deeper analysis of the techniques of Jiu-Jitsu. A complete encyclopedia of positions, attacks, counters, escapes, reversals, locks, and more. Rigan also reveals many never-before-published moves! This work takes the practitioner to a new level of strategy and tactics in competition. Additional segments on the history of the style and competition rules. A MUST for all serious grapplers or aficionados.




**Encyclopedia of Brazilian Jiu-Jitsu Volume 1**
**#314 / $29.95**
**7X10 / 350 pgs.**

**BUY BOTH VOLUMES FOR $50!!**

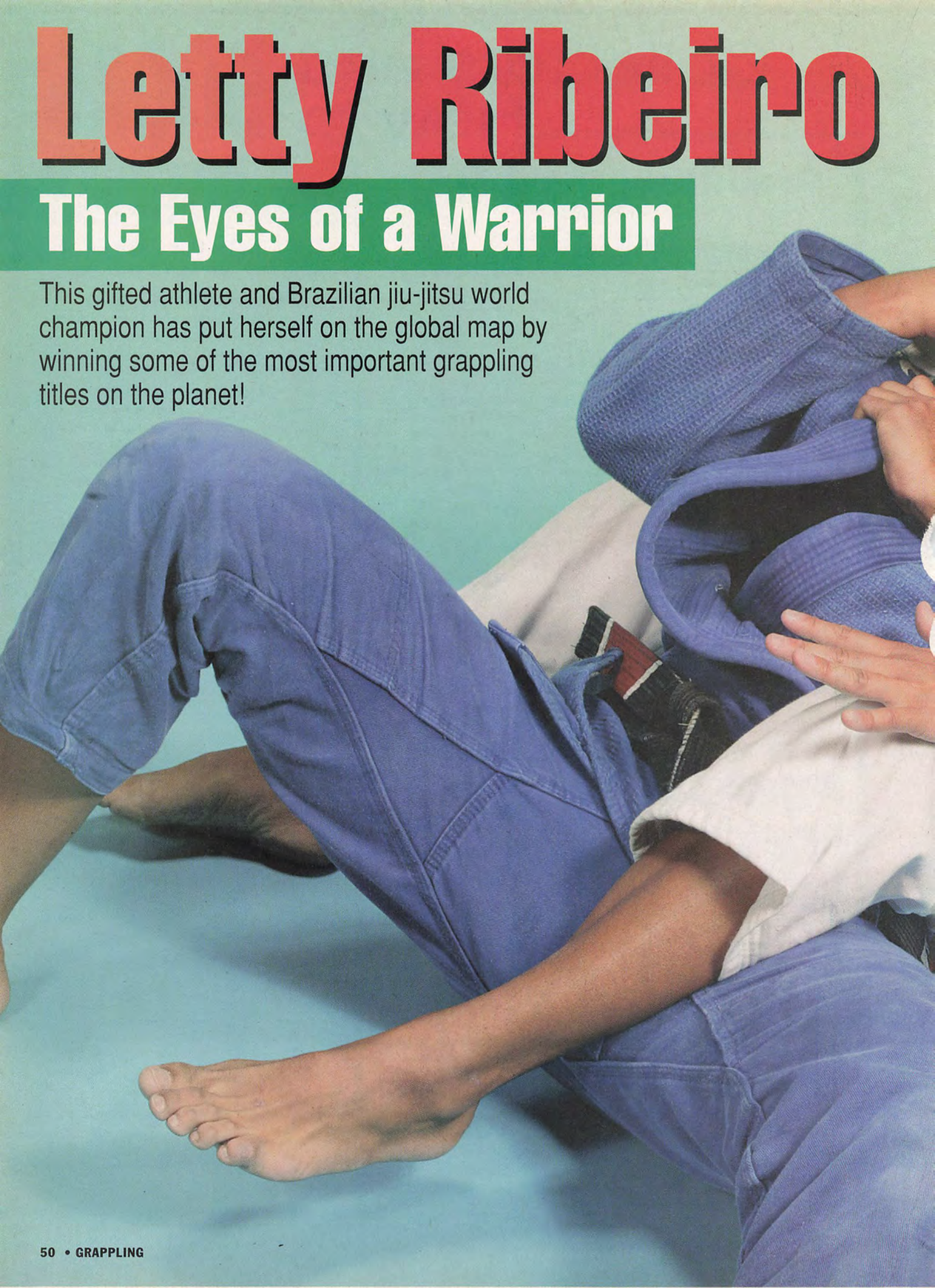


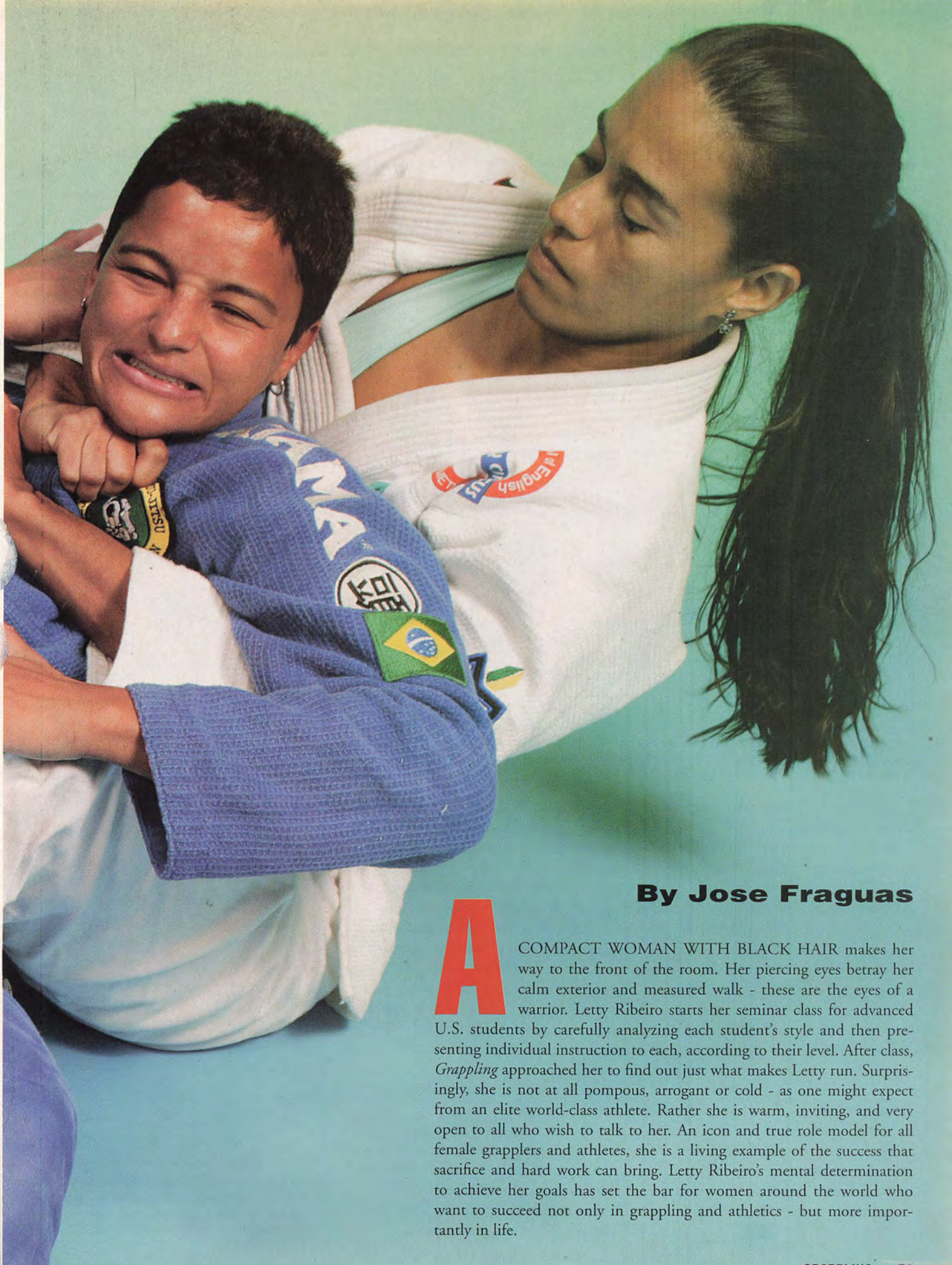

**Encyclopedia of Brazilian Jiu-Jitsu Volume 2**
**#314-02 / $29.95**
**7X10 / 350 pgs.**

# Letty Ribeiro

## The Eyes of a Warrior

This gifted athlete and Brazilian jiu-jitsu world champion has put herself on the global map by winning some of the most important grappling titles on the planet!





## By Jose Fraguas

A COMPACT WOMAN WITH BLACK HAIR makes her way to the front of the room. Her piercing eyes betray her calm exterior and measured walk - these are the eyes of a warrior. Letty Ribeiro starts her seminar class for advanced U.S. students by carefully analyzing each student's style and then presenting individual instruction to each, according to their level. After class, *Grappling* approached her to find out just what makes Letty run. Surprisingly, she is not at all pompous, arrogant or cold - as one might expect from an elite world-class athlete. Rather she is warm, inviting, and very open to all who wish to talk to her. An icon and true role model for all female grapplers and athletes, she is a living example of the success that sacrifice and hard work can bring. Letty Ribeiro's mental determination to achieve her goals has set the bar for women around the world who want to succeed not only in grappling and athletics - but more importantly in life.

**Letty Ribeiro holds her opponent in the half-guard (1), As her opponent drives forward (2), she slips to the side (3), holds the knee while pushing the hip (4), pushes to a sitting position (5), and then comes on top (6).**

**Q: How long have you been practicing Brazilian jiu-jitsu?**

A: I have been practicing Brazilian jiu-jitsu for over 10 years. I started when I was 18 years old and I haven't stopped since. I started with Marcelo Machado and Saulo Ribeiro. They are really great teachers - very knowledgeable and experienced in everything related to jiu-jitsu. Currently, I'm training with Vinicius Aieta and Royler Gracie. I have to say that I have been very fortunate to have trained under such great jiu-jitsu masters - it made all the difference in the world. Because of it, I'm a two-time world champion and have also won the Pan-Ams and several national Brazilian titles.

**Q: Were you a natural when you started training?**

A: If I don't think about it too hard, I would have to say that it came fairly easy to me - but mainly because of the teachers I had and very good academies I trained at. I had the chance to learn from the source. Having excellent instructors, and high-quality training combined with personal dedication, made things seem easy. But the truth is that if you don't put in time and effort, your instructor can't do a thing for you. So when I really think about it seriously, everything I did took a lot of work. I was so immersed in what I was doing, trying to give my undivided attention to training, that results came naturally. But the truth is that it wasn't that easy.

**Q: Has your jiu-jitsu evolved over the years?**

A: My approach and understanding of jiu-jitsu has grown over the years and I think it has been a very natural process. I have changed for the better. I became more athletic and in much better shape. That single aspect made me change my whole training routine. I have a special diet and take special care of myself. Much more than ever before. When you start doing things right and you see the results, you develop confidence. It is this confidence that allows you to keep going forward, looking for the light at the end of the tunnel. This is important because sometimes athletes find themselves in a tunnel with no lights anywhere!

**Q: Do you like no-holds-barred events?**

A: I like to watch these events. They are not pure jiu-jitsu but help to promote a real approach to martial arts. I have admiration for those women who decide to go up there and fight. People don't really know what it really takes to be an NHB fighter. I have to say that they are showing very good stuff. They have my unconditional support.

**Q: Do you think U.S. jiu-jitsu has**

**Holding her opponent in the north-south postion (1), Letty Ribeiro stretches her arm (2), grabs the collar (3), and then rolls underneath for the finishing choke (4).**

caught up with Brazil?

A: BJJ in America is growing extremely fast and I have seen how the American competitors have improved in the last few years. They show great techniques and excellent fighting spirit. They are winning gold medals in the Mundials, Pan-Americans, et cetera. And this is not an easy task to accomplish. I gave some seminars for Brazilian champion Leka Vieira and I was impressed how technical, serious and dedicated the students were. I was truly impressed. With this dedication and attitude nothing wrong can come from it but excellent champions and great technical skill. Probably the main difference is that in Brazil we have tournaments almost every weekend which increases the competition level - therefore the competitors are more familiar with the tournament environment.

***"Honestly, I don't think it is possible to give someone a crash course in self-defense and expect them to defend themselves against any person who might come along - especially a male attacker."***

**Letty Ribeiro controls her opponent from behind (1). Stretching her leg to get into good base (2), she rolls her opponent to the side (3), clinches her shoulders (4), secures the lapel and collar (5), then applies pressure for the finishing choke (6).**

**Q: Do you feel that you still have further to go in your studies?**

A: Of course! I'm a black belt but I know that I have still a lot to learn. I just started to understand things. I may be a world champion but I don't have any problem accepting the fact that I'm still learning and developing. The art of jiu-jitsu is a never-ending process. It is not something that you finish. Even when you get the rank of black belt there is a lot to learn and improve on. New positions and techniques are constantly being developed which makes the art constantly change and evolve.

**Q: Do you like to cross-train?**

A: My cross-training involves weightlifting three times a week, a cardiovascular program that I do almost everyday, and my favorite part, hiking in the mountains of Pedra da Gavea and the Tijuca Forest. All my additional activities revolve around my jiu-jitsu training. I don't want to do other sports that don't bring any benefit to the art I'm practicing. I also love swimming - it relaxes me and it is a great cardiovascular exercise without putting too much stress on my joints. If any competitor one day wants to become a black belt they have to have determination, good focus, and take every single training session very seriously. They also have to find a good instructor who supports them all the way - on and off the mat!

**Q: Is there anyone special you'd like to train under?**

A: You always have instructors that you dream of. So far, I have already

*Continued on page 82*

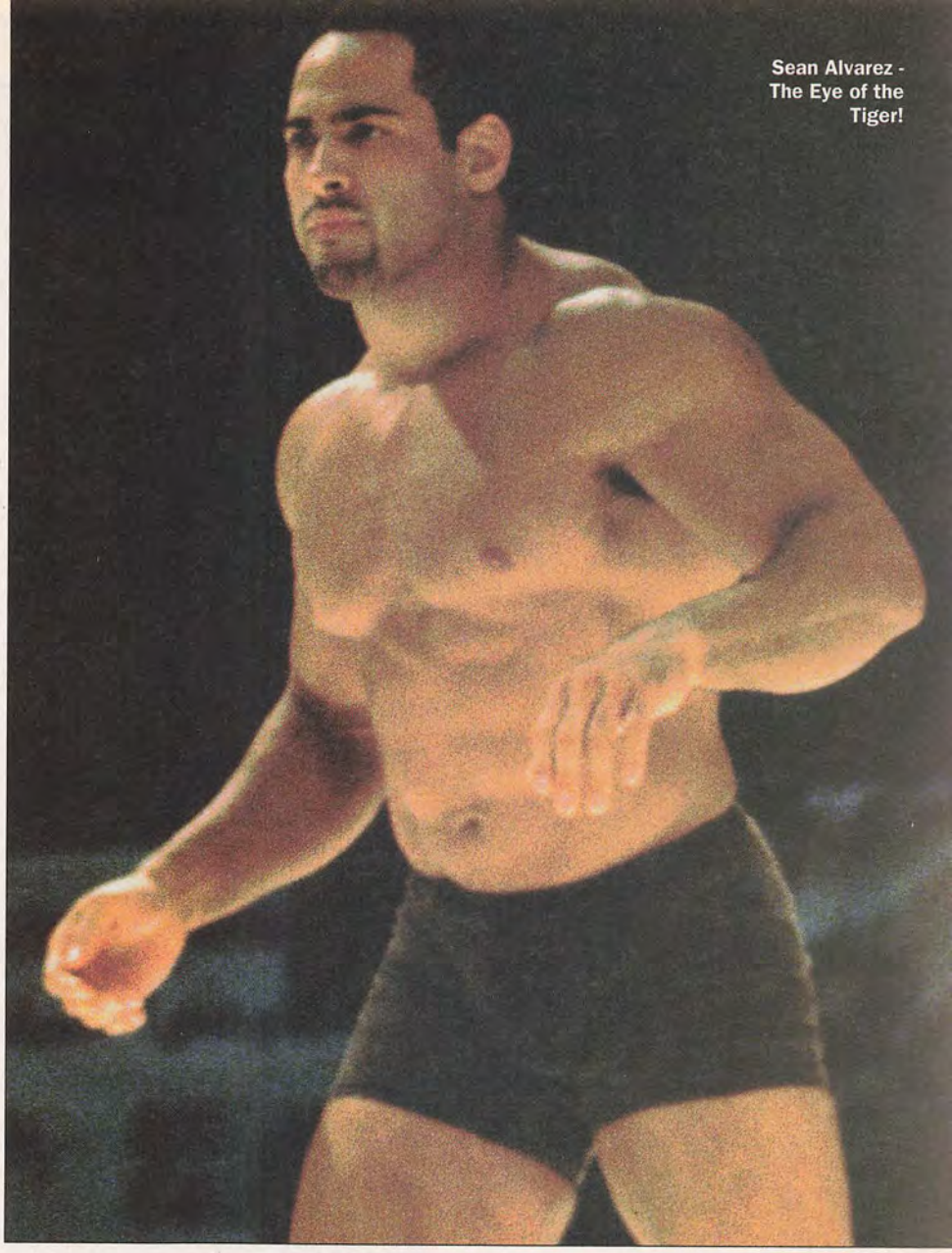
Sean Alvarez controlling Ricco Rodriquez from the top position.

# Sean Alvarez

## From The East Coast To The Middle East– And Back Again

**By Julio Rivera** | Photos by Terry Turrentine

Brazilian jiu-jitsu black belt Sean Alvarez, one of the originators of submission wrestling, helped create the Abu Dhabi Combat Club on a long, strange journey that seems destined to end in MMA stardom!



Sean Alvarez - The Eye of the Tiger!

THE SOUTH BRONX MAY SEEM LIKE A WORLD AWAY from the exotic landscape of the Middle East, yet for UCC Heavyweight Champion Sean Alvarez, his journey in martial arts has taken him from New York's toughest streets, to being instrumental in creating the world's greatest grappling tournament, Abu Dhabi.

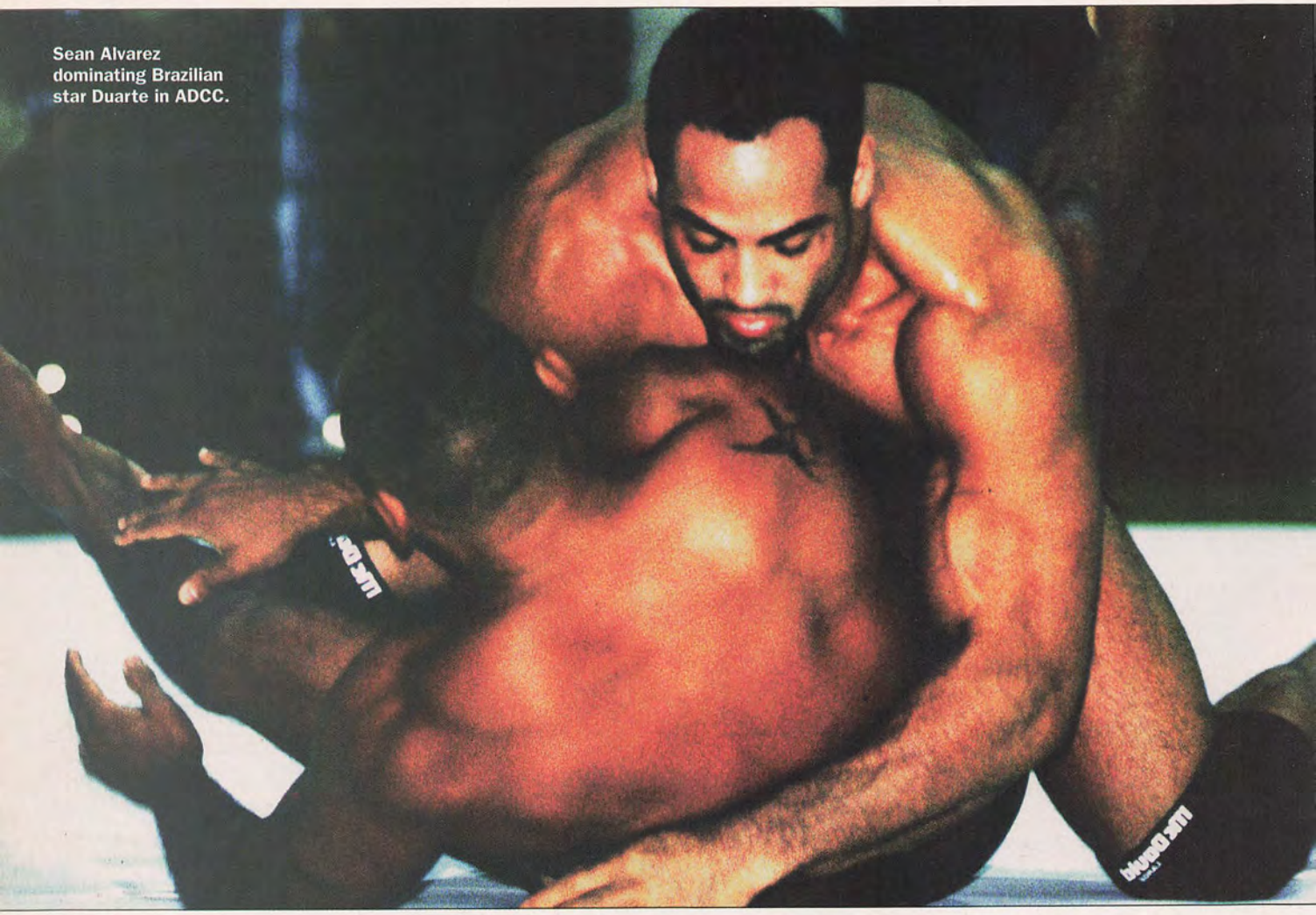
When the UFC premiered in 1993, and Royce Gracie displayed the superiority of Brazilian jiu-jitsu, Sean Alvarez was a 6'1", 280 lb. bodybuilder and personal trainer watching the event with one of his clients, Sheik Tahnoon Bin Zayed of the United Arab Emirates, who was going to college in San Diego at the time. The Sheik decided he had to learn jiu-jitsu, and not just from anyone, but from Royce Gracie himself.

## Hanging with the Sheik

Everyday, Sean and the Sheik drove 2 1/2 hours to train with Royce. The long distance made it impossible to continue training with Gracie, so their training was put on hold. Upon finishing his studies in the States, the Sheik took Sean back to the UAE and convinced Gracie Barra black belt Nelson Monteiro to make the trip and become their personal instructor.

In 1996, Monteiro persuaded the Sheik to allow him to take a team to the BJJ World Championships under the UAE flag. Although Sean was unsure of his abilities, having only trained with Nelson for six months, and didn't consider himself world class, he traveled to Brazil for the tournament. When he got off the plane, Nelson awarded him a blue belt, because white belts could not compete at the championships. Sean proceeded to win the blue belt BJJ world championship, the first American to do so.

"It just happened," Sean says modestly, " I had three fights and I beat guys that had been training for two or three years, and I only trained for six months." A few weeks later, Nelson told Sean the Sheik believed his victory was a fluke, so they decided to prove the Sheik wrong by competing in the Pan Am games. Sean won gold at the Pan Ams, as well as the most technical fighter award. After his Pan Am win, he was contacted by promoters from Japan about fighting Yoji Anjo. He defeated Anjo on strikes in a 34



Sean Alvarez dominating Brazilian star Duarte in ADCC.

minute marathon. The following year, he won the Pan Ams again, receiving his purple belt. The Sheik called Sean into his office after that victory, and gave him some surprising news. "It sounded kind of official," he recalls, "He said he thought I had outgrown them, and he thought I should move to LA, because I was about 250 lbs. at the time, and he thought there was no one in UAE for me to train with. Even Nelson was only about 180 lbs."

Sean Alvarez fights off a Mark Kerr top attack.

## The Abu Dhabi Combat Club is Born

Monteiro persuaded the Sheik to bring Ricardo Moreis from Brazil to train with Sean. Moreis, 6'9" and 270 lbs., was an up-and-coming *vale tudo* (anything goes) competitor who Nelson thought could push Sean to new limits. Thus were planted the seeds for the Abu Dhabi Combat Club. "Then they started bringing in some Russian wrestlers, and made them part of the team," Sean says, "And then they built the Abu Dhabi Combat Club, which is a huge, palatial place."

Next came the idea for the ADCC submission wrestling tournament. It was to be like a BJJ tournament, but with no gi. Sean remembers the initial meetings, and he's amazed at how far the tournament has come.

"Jiu-Jitsu was jiu-jitsu, and wresting was wrestling, there really wasn't anything in between until then," he says. Sean's next event was Pentagon Combat in Rio de Janeiro, which the Sheik produced in 1997. It was Sean's second NHB event, and his opponent was none other than former UFC champion Oleg Taktarov. Though Sean trained at Gracie Barra leading up to the event, he lost the fight to the more experienced Taktarov.

"That was a bad mismatch," he concedes, "but I learned from it." Three months later, he fought in his first Rings event, submitting his opponent with a Kimura. Next up was the first Abu Dhabi, where he lost to an over-sized Ricco Rodriguez in the finals. He then won his next Rings event in Japan by decision, and jumped on a plane for the 21 hour flight to UAE for that year's ADCC tournament, where he lost on points to Mark Kerr in the finals, after having defeated Rodriguez 5-0 to advance. The following year he beat both Rodriguez and Tito Ortiz in the Absolute class, before losing to Kerr again by decision.

"There were no points scored," he says of his last meeting with Kerr, "Just a call from the powers that be, giving him the decision." All told, Sean spent four years in the United Arab Emirates, and although he fondly recalls the days when he and Nelson had "nothing to do but train," he was happy to return to New York in 1999.

## MMA Stardom

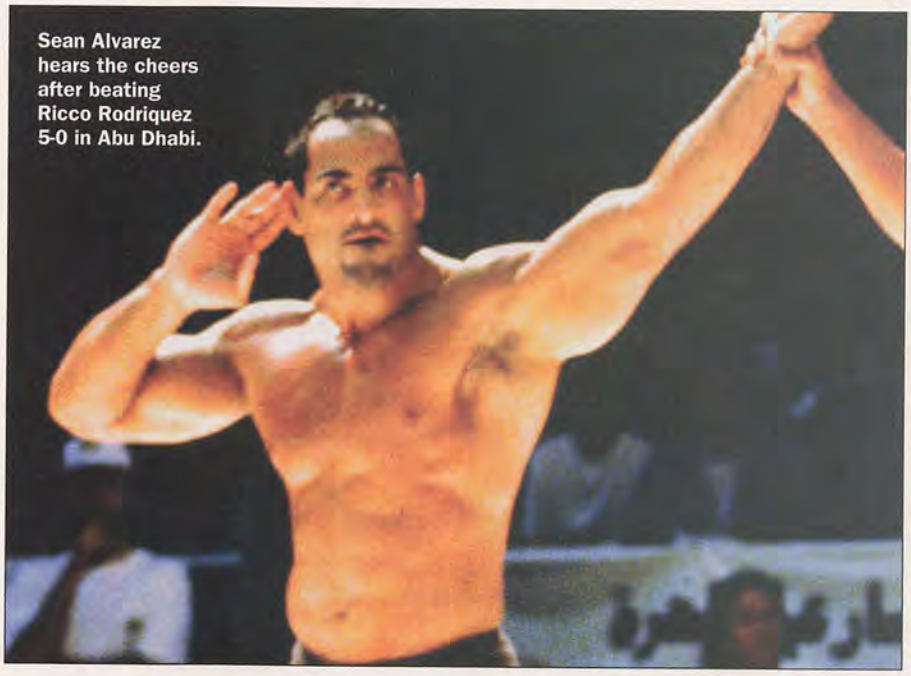
Although Sean's career suffered a set back with a disappointing loss to Eric Pele in KOTC, he rebounded in 2002 to have his biggest year as a fighter. He was awarded his black belt by Renzo Gracie and Nelson Monteiro, opened his training facility, Ground Control, in White Plains, New York and was given the chance to fight for the vacant UCC heavyweight championship. He faced the monstrous Mike Radnov, a 6'2", 280 lb. wrestler for the title. After soundly punishing Radnov with strikes, Sean submitted him with a rear naked choke, earning the championship.

"Renzo called me before the fight, and told me to just keep the pace, and I'd be fine," he says of his victory, "I was able to show my technical ability by dominating with strikes, but then choking him out."

Sean believes his BJJ proficiency, combined with his size and strength, make him a standout in a sport lacking technically proficient big men. He believes he is on par with Pride's Antonio Rodrigo Nogueira and the UFC's Rodriguez, and will one day become the best of the heavyweights.

For a role model, Sean says Frank Shamrock was probably one of the most complete fighters out there, with excellent stand up and ground. "And above all, he was an athlete, with excellent conditioning," he says of Shamrock, "But he was lighter. Who's like that as a heavyweight? Me. They don't know it yet, but they will." In February 2003, while shooting an episode of the television show "Third Watch", the aspiring actor got a call in his trailer saying that the president of the UFC was trying to reach him. He contacted the UFC and they expressed an interest in having him fight in their event.

"The UFC was the first thing that I saw that influenced me," Sean says, "so that's like a dream come true for me." Trainer Rob Gutierrez, a fellow BJJ black belt, puts Sean through his paces at Ground Control, taking over teaching duties at the facility two months before a fight, so Sean can focus on his preparation. Sean alternates stand up and ground training every other day, while lifting weights twice a week and doing road work on a daily basis.



**Sean Alvarez hears the cheers after beating Ricco Rodriquez 5-0 in Abu Dhabi.**

## A Return to the Mat

Though Sean says he enjoys training for NHB fights, he loves the technical aspects of jiu-jitsu so much he hasn't ruled out a return to international BJJ competition. He says he doesn't fight for recognition, although it could certainly help his business. He fights because he enjoys the complexity of the martial arts, and bringing together all the elements of punching, kicking, take downs, grappling and submissions, to make the perfect martial artist. "Kids coming up now are starting their training at places like this, where you learn it all at once," he says of Ground Control, "But I still think a foundation in BJJ is the best way to go."

So the man who had gotten a karate brown belt at age 9 before training in BJJ, gives all the credit for his years of success to that first UFC which inspired him to be the best. With his incredible talent, ability, intelligence and drive, Sean Alvarez is sure to inspire one of those kids watching *his* next MMA fight to follow his footsteps - and they couldn't pick a better role model. Grappling

*For information on training with Sean Alvarez call 914-946-3500 or visit* www.teamgroundcontrol.com.

# King of the Cage Flexes its Muscles in Miami

**Story and photos by Todd Hester**

Seth Petruzelli, "The Golden Gladiator," punished Dan Severn early and often and then held off a ferocious late charge to hand "The Beast" a rare loss.

Petruzelli hammers Severn!

THERE'S A POINT IN ANY FIGHTER'S CAREER where you have to say that they've turned the corner and stepped it up a notch. For Seth Petruzelli, that moment just might have come in King of the Cage 30 as he faced a much-larger Dan Severn, still a lethal force inside the cage at age 40, and handed him only his eighth loss in a whopping 70 fights.

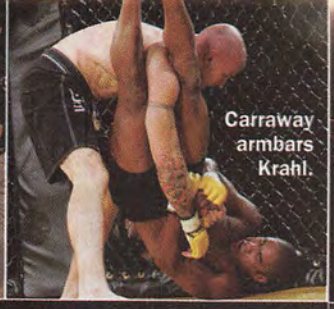
But King of the Cage, leaving its usual West Coast haunts courtesy of the efforts of lFlorida-based Chris Cordeiro (the KOTC matchmaker), in association with Steve Karel's Stonecutter Event Productions, was much more than just a one-fight card. Utilizing the talents of the powerful Miami-based American Top Team, one of the top grappling and no-holds-barred schools in the United States, KOTC treated the enthusiastic crowd at the Office Depot Center (where the Florida Panthers NHL team plays) to one of its usual high-energy slugfests!

"Florida is definitely a market that we want to be in," said KOTC headman Terry Trebil-

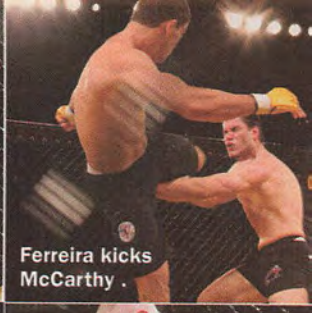
Singer jabs Gouveia.

Cervantes kicks Byrket.

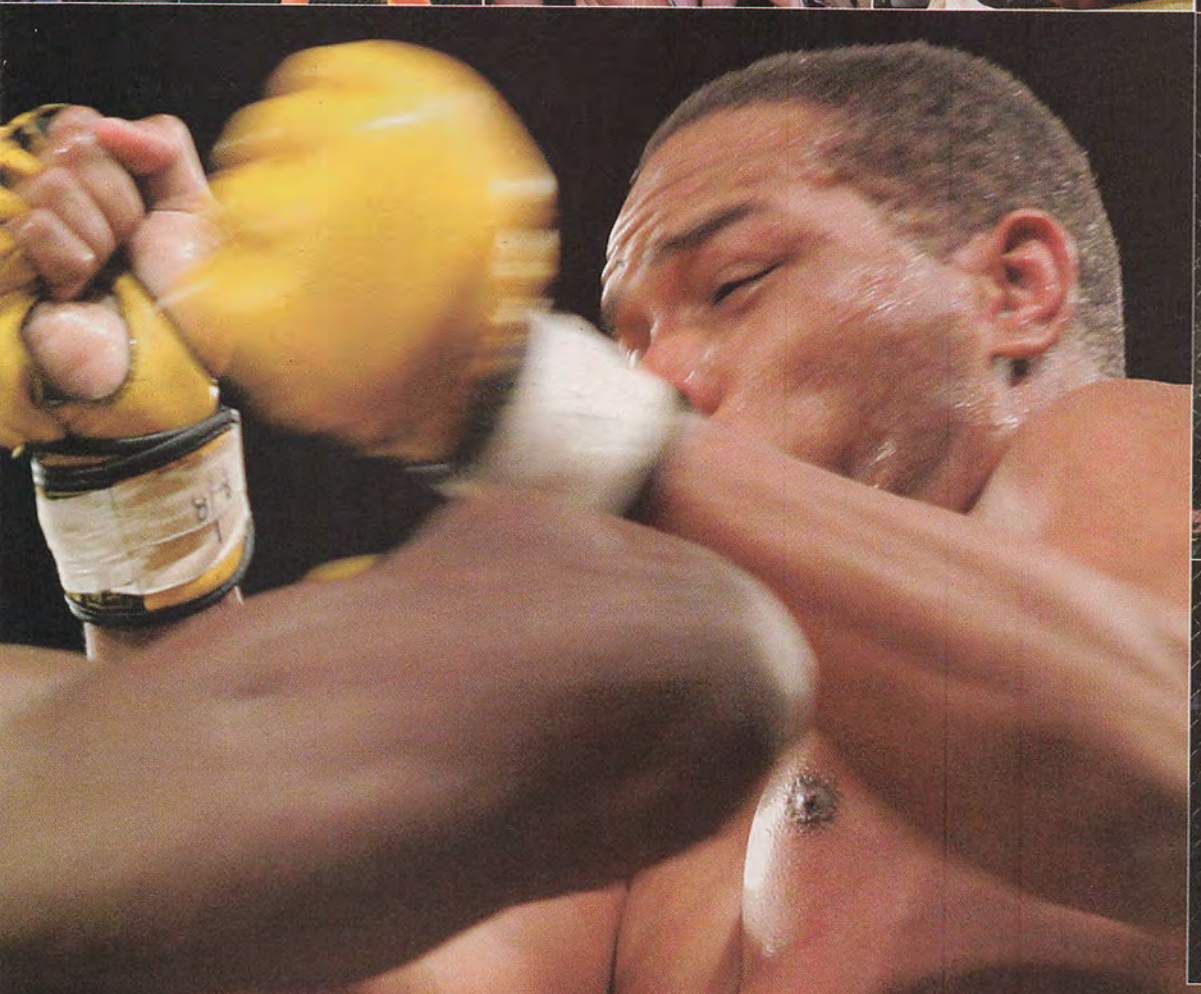
Singer celebrates.

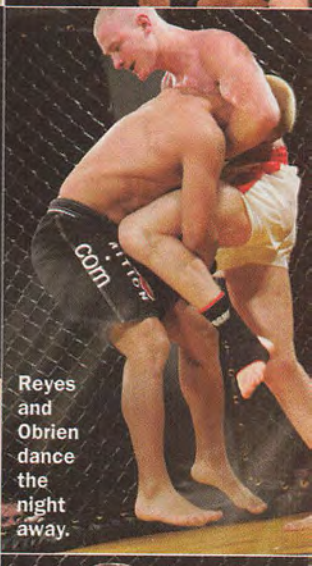


Carraway armbars Krahl.

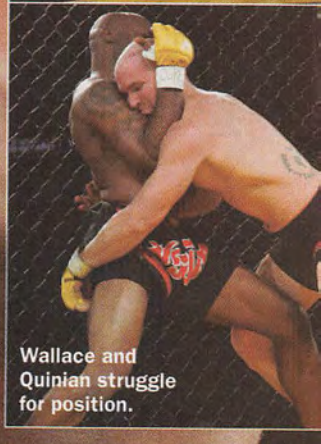


Ferreira kicks McCarthy .





Reyes and Obrien dance the night away.



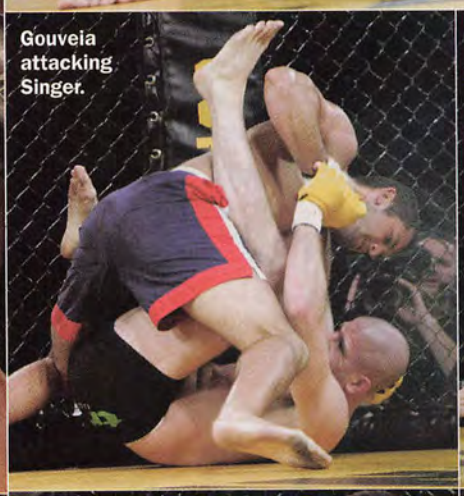
Wallace and Quinian struggle for position.

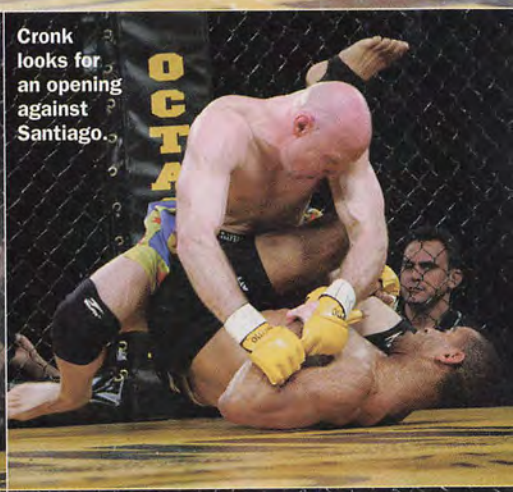
Marvin Eastman wings an elbow at "Tiger" White.

# KOTC Miami

Cervantes knees Byrket.

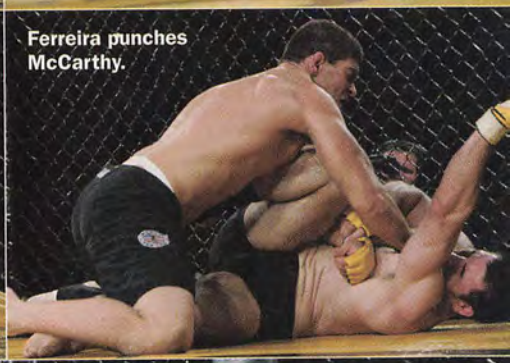
Seth Petruzelli getting to the back of Dan Severn.

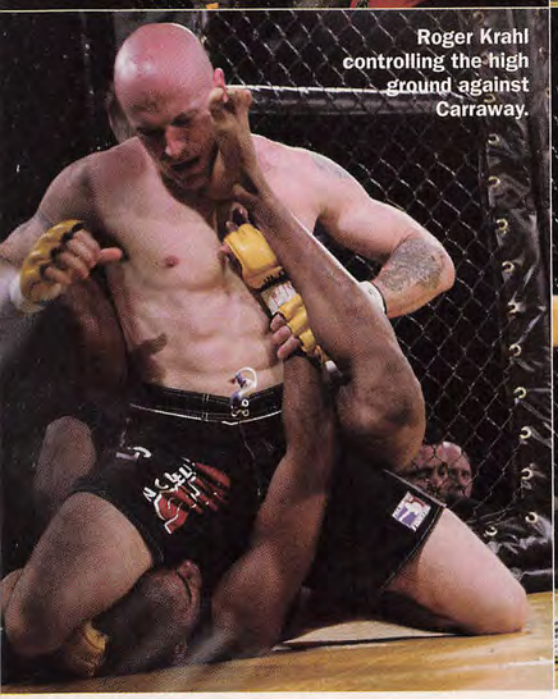

Gouveia attacking Singer.

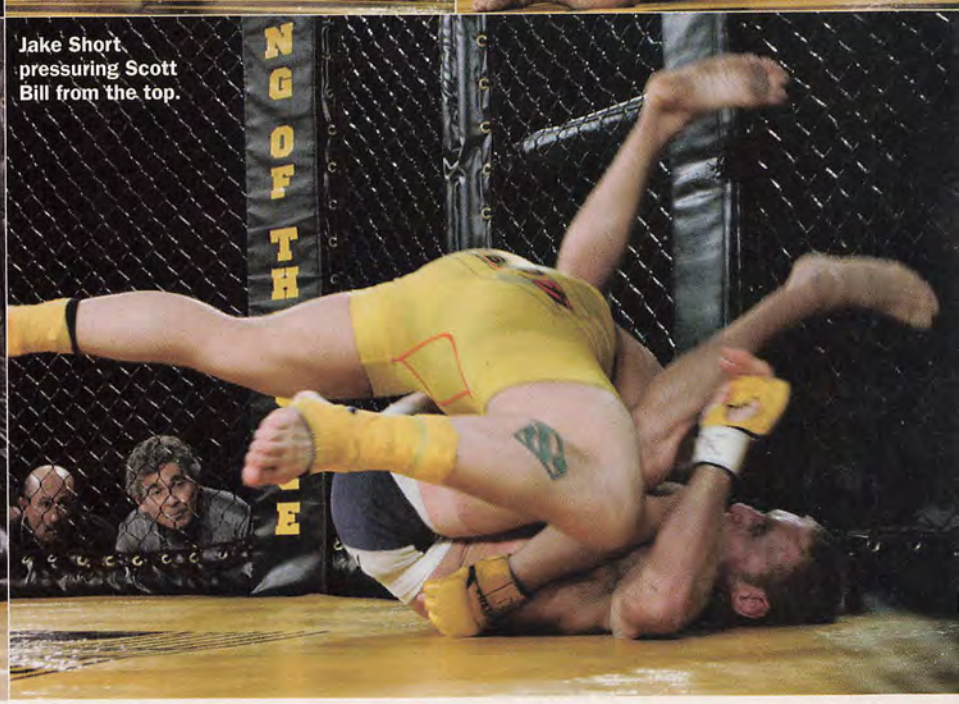

Cronk looks for an opening against Santiago.

Hesselmeyer punches Crawford.

Ferreira guillotines McCarthy.


Ferreira punches McCarthy.


Roger Krahl controlling the high ground against Carraway.

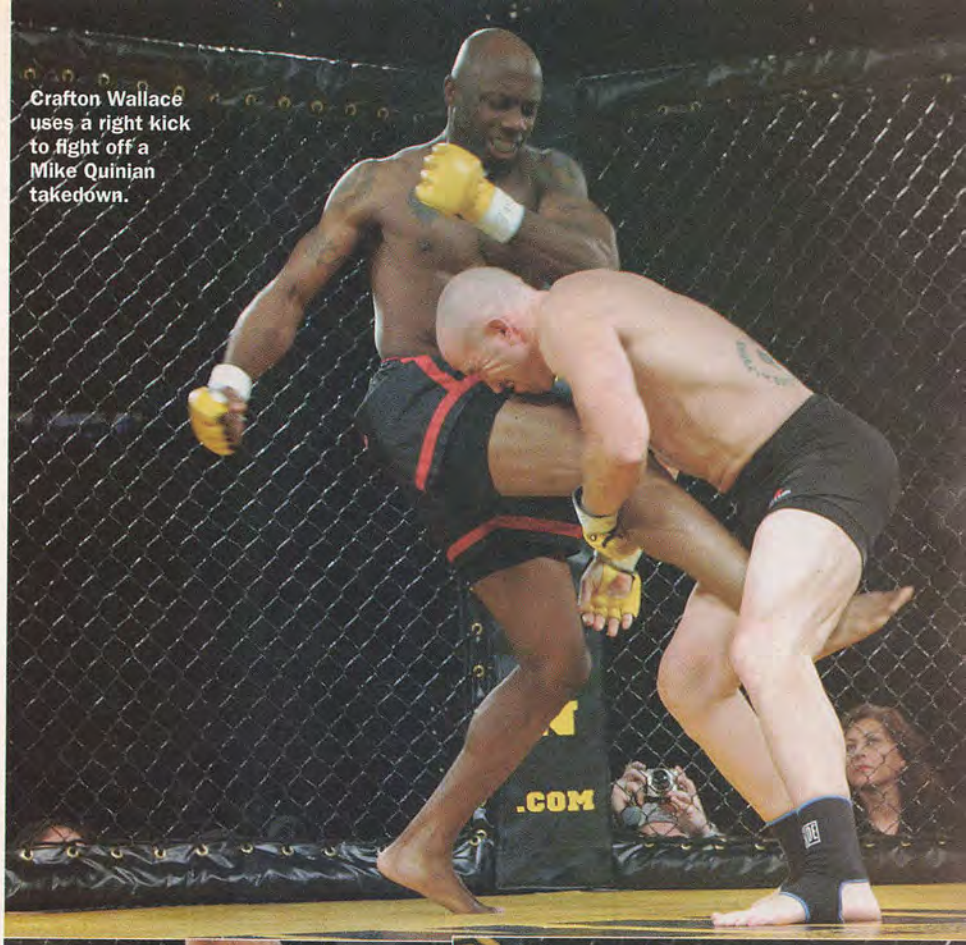

Jake Short pressuring Scott Bill from the top.

cock. "There are a lot of great fight teams here such as the American Top Team, and we really plan to showcase them and others in our upcoming shows. The commission has been very helpful and cooperative and we look forward to building a big fan base here."

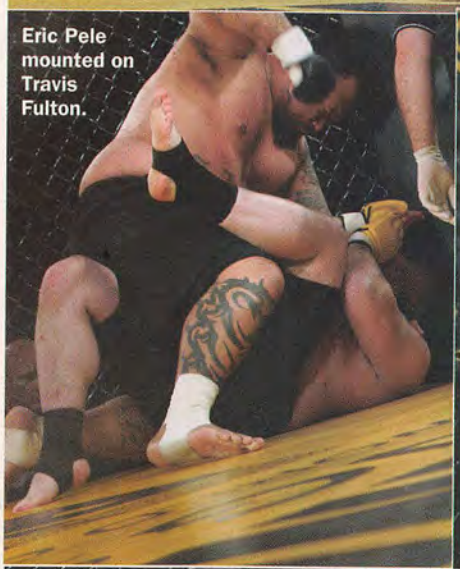
Co-promoter Tedd Williams was equally enthusiastic. "What I really like about Florida is the technical level of the fighters. I was a national wrestling, judo, and NHB champion before I started promoting and so I've got an eye for fighters who can really walk the walk. When I look at the American Top Team and see their depth at all weight levels, I really get excited about seeing them perform."

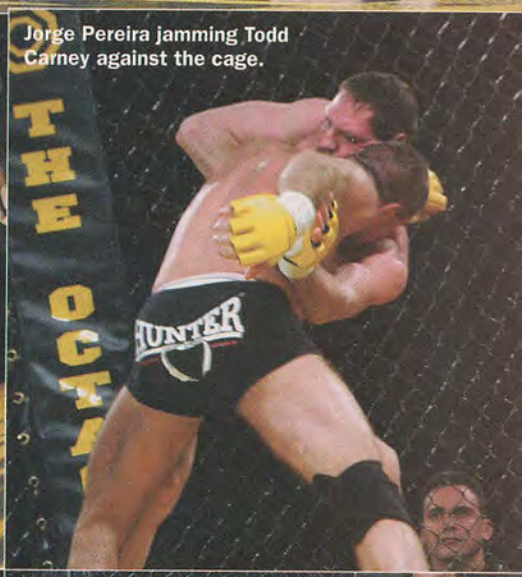
## Preliminary Fights

**Danny Byrket** and **Joe Cervantes** started the action as grappler Byrket consistently pressured kickboxer Cervantes from the top position, despite absorbing several flurries. In the end, Byrket's control caught the judges' eyes more than Cervantes' strikes and he got the two-round nod. **Stu Hesselmeyer** then faced **George Crawford** in another two round match that went the distance. Crawford, a Dan Severn-trained wrestler, got all he wanted on the ground and then some from Hesselmeyer. Although Crawford tried numerous submissions, Hesselmeyer punched his way out of them all and pounded out the unanimous win. In a rare occurrence for KOTC, a third consecutive match went to the judges' cards as **Brent Carraway** matched-up against **Roger Krahl**. This was an exciting match that saw grappling, escapes, kicks, and punches. Despite nearly getting caught in a triangle and armbar by Krahl, Carraway responded with a mount and flurry and then took control of the fight in the first round. Both men tired in the second round, but Carraway caught his second win and came on strong to post a convincing decision. **Rory Singer** and **Wilson Gouveia** were next up and Singer caught Gouveia early, forcing him to clinch. Gouveia then got the takedown and inside mount, but Singer tied him up and was much more active even on bottom. Singer started the second round strong with several punches and kicks, but was again clinched by Gouveia and taken to the ground, where Gouveia seemed intent on just grabbing and holding from the inside mount. Singer

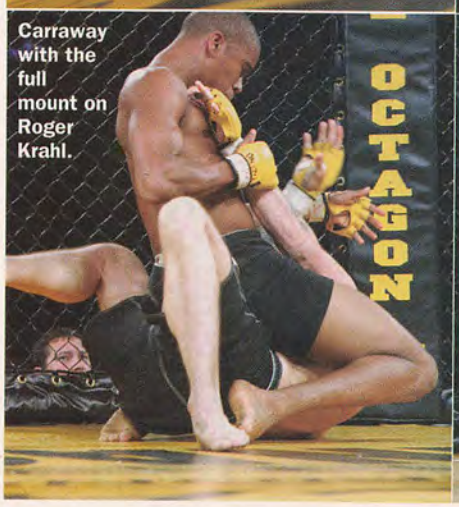


Crafton Wallace uses a right kick to fight off a Mike Quinlan takedown.


Eric Pele mounted on Travis Fulton.



Jorge Pereira jamming Todd Carney against the cage.

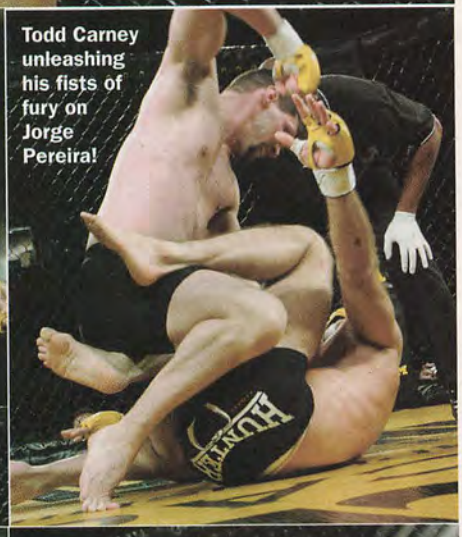


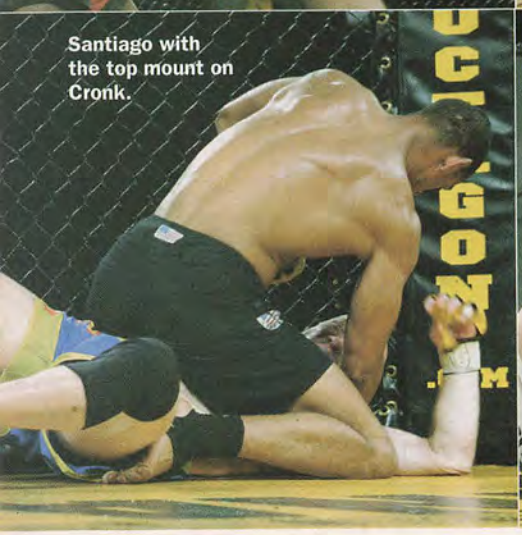
Carraway with the full mount on Roger Krahl.

Singer shows his power from the top against Gouveia.

High-flying Marvin Eastman bombs "Tiger" White.

"Tiger" White attacking Marvin Eastman.


Todd Carney unleashing his fists of fury on Jorge Pereira!


Santiago with the top mount on Cronk.

Jade Short guillotines Scott Bills.

The VIP section.

finally got away, landed a knee that dropped Gouveia, and then pounded him from the top position for the exciting and impressive 3:55 round-two TKO. American Top Team member **Marcel Ferreira** then faced **Charles McCarthy** in a fight that saw McCarthy trying stay on the feet and Ferreira trying to get to the ground - but neither trying much to strike. With a minute left in round one, Ferreira got to the back and nearly got in a choke. McCarthy came out strong in the second round and caught Ferreira with a knee and nearly put him out. Ferreira somehow survived and locked in a tough guillotine that McCarthy had to gut out of. Although the fight was close, Ferreira ended round two with a flurry that caught the judges' attention and earned him the decision win.

## Feature Fights

**Crafton Wallace** opened up the middle part of the card by meeting **Mike Quinian**. Wallace, known as a fast starter and a strong and accurate puncher was taken out of his game early by Quinian, who took him down immediately to avoid the thunder. Working from inside Wallace's guard, Quinian got a guillotine in and landed some knees, forcing Wallace to escape to the feet. When they clinched again Wallace tuned the tables with a guillotine of his own, getting the 3:13 tapout win.

In one of the most impressive performance of the night, **Todd "Country Boy" Carney** met **Jorge Pereira** in a fight that the local crowd expected Carney to lose. They grow them tough in the backwoods, though, and Carney patiently avoided Pereira's clinches, finally spinning free and landing a viscous punch that sent Pereira to the mat. Pouncing like a panther,

*Continued on page 100*

## EXTREME JIU-JITSU

WITH LEO VIEIRA

Leo Vieira is considered by many to be the most innovative fighter in the world. Now, Leo reveals the unique and dazzling techniques which have made him one of the youngest champions in history. Material not available anywhere else in the world! (NOTE: DVD contains both Portuguese and English soundtracks.)

**Volume 1: Extreme Guard Passes**

Leo teaches his unusual but devastating strategies for passing the guard.

#XJJ01 • $29.95 • 57 Min.

**Volume 2: Extreme Sweeps and Reversals**

Leo teaches the fine art of getting a good man down. Learn his exclusive series of sweeps and reversals!

# XJJ02 • $29.95 • 59 min.

**Volume 3: Extreme Mounts and Taking the Back**

The back is Leo's favorite position, followed by the mount. In this volume, he shows how to take maximum advantage of both.

#XJJ03 • $29.95 • 57 min.

## THE ESSENCE OF BRAZILIAN JIU-JITSU

WITH RIGAN MACHADO

Few are more qualified to reveal the essence of Brazilian Jiu-Jitsu than Rigan Machado. A direct descendant of the art's founder, Carlos Gracie, Rigan reveals his devastating "Machdo Jiu-Jitsu" techniques. The definitive reference for everyone, from beginner to advanced practitioner!

**Volume 1 — Armlocks**

Rigan reveals his arsenal of armlocks and armbars, showing several different variations of techniques, both standing and on the ground.

#MACH 01 • $29.95 • 57 min.

**Volume 2: — Chokes**

Rigan teaches one of the ultimate weapons in the Brazilian Jiu-Jitsu arsenal, the choke. Learn famous techniques such as "The Triangle," "Kill the Lion," "The Crucifix," and spinning chokes.

MACH 02 • $29.95 • 59 min.

**Volume 3 — Leg Locks**

Rigan reveals his knowledge of leg locks not commonly taught in many other systems of Brazilian Jiu-Jitsu. Learn submission locks, takedowns, leg bars, and more!

MACH 03 • $29.95 • 58 min.

## FRANK SHAMROCK'S ULTIMATE TRAINING AND FIGHTING SYSTEM

FEATURING FRANK SHAMROCK

For the first time ever, the great Frank Shamrock shares his knowledge with the world in this exclusive series of tapes.

**Volume 1 – The Ultimate Home Workout**

Lose weight, build muscle, and improve your fighting skills using "the King's" own personal home workout routine.

#SHAM01 • $29.95 • 51 min.

**Volume 2 – Ground Control**

Frank Shamrock gives you his own unique techniques for closing the gap, and shares his proven takedowns, as well as his secrets of takedown counters.

#SHAM02 • $29.95 • 53 min.

**Volume 3 – The Keys To Victory**

Frank reveals his incredible arsenal of proven finishing holds, but that's just the beginning. He also shows you his methods for countering and escaping finishing holds.

#SHAM03 • $29.95 • 54 min.

## MODERN BRAZILIAN JIU-JITSU

WITH RODRIGO "COMPRIDO" MEDEIROS AND SPECIAL GUEST ROMERO "JACARE" CAVALCANTI

Rodrigo "Comprido" Medieros, two-time open Brazilian jiu-jitsu champion, with the gracious assistance of Romero "Jacare" Cavalcanti, head coach of the Alliance, brings you Brazilian Jiu-Jitsu in its ultimate state of evolution. Comprido, direct from his native Brazil, explains each technique in the Portuguese language, which is then translated into English by Jacare.

**Tape 1: Escapes from Street Situations and Throws and Takedowns**

Comprido and Jacare demonstrate today's version of Brazilian Jiu-Jitsu's counters to street attacks, as well as an array of throws and takedowns.

#BZJJ01 • $29.95 • 50 min.

**Tape 2: Beating the Guard Position & Sweeps and Reversals from the Guard**

Comprido and Jacare reveal Modern Brazilian Jiu-Jitsu's techniques for breaking and passing the guard position, as well as sweeps and reversals from the guard.

#BZJJ02 • $29.95 • 51 min.

**Tape 3: More Sweeps and Reversals from the Guard and Submissions from the Guard**

Comprido and Jacare continue to reveal their arsenal of escapes from the guard position and add in the fine art of entering into a submission hold from the guard.

#BZJJ03 • $29.95 • 54 min.

**Tape 4: Beating the Side Mount Position & Escapes from the Bottom**

Defeat one of the most common and menacing holds – the side mount position. Then progress into escapes when you're on the bottom, and one of the most compromising positions of all – the knee in the belly.

#BZJJ04 • $29.95 •55 minutes

**Tape 5: The Mount Position**

Once considered the "you're history" hold, many counters have been developed for the famous mount position. Comprido and Jacare demonstrate the best counters for this devastating hold, as well as how to escape from this hold and apply submissions.

#BZJJ05 • $29.95 • 55 min.

**Tape 6: Attacks from the Back**

One of the most dangerous situations a fighter can face is an attack from behind. Comprido and Jacare demonstrate how to attack your opponent from the back, and how to counter an attack from the back.

#BZJJ06 • $29.95 • 55 min.

## ERIK PAULSON'S BEST DEFENSE

Erik Paulson is one of the most versatile and well-rounded teachers and fighters in martial arts today. Paulson has fought against and beaten some of the world's top fighters. Now one of the most sought after instructors in the world reveals his secrets in this one-of-a-kind video series.

**Volume 1: Vale Tudo Focus Mitt Drills**

Erik shares his unique training sequences.

#PAUL01 • $29.95 • 57 min.

**Volume 2: Escapes from Positions, Part 1**

Erik introduces the viewer to his devastating arsenal of escape techniques.

#PAUL02 • $29.95 • 54 min.

**Volume 3: Escapes from Positions, Part 2**

In this continuation of the previous tape, Erik shares more of his escapes.

#PAUL03 • $29.95 • 58 min.

**Volume 4: Counters to Finishing Holds, Part 1**

From the guard to the mount, Erik demonstrates why there's no such thing as an unbreakable hold.

#PAUL04 • $29.95 • 53 min.

**Volume 5: Counters to Finishing Holds, Part 2**

Erik reveals more of his secrets for turning the tables on your opponent.

#PAUL05 • $29.95 • 57 min.

**DVDS!**
**Many titles soon to be available on DVD!**
**Please call for information.**
**1-800-332-3330**
www.cfwenterprises.com

USA Orders by Phone: 1-800-332-3330 | Fax: 1-800-249-7761 | All Foreign Orders Call: 818-845-2656 | Fax: 818-845-7761

# GRAPPLING, NO-HOLDS-BARRED, MUAY THAI

## SPORT JU-JITSU FOR THE RING AND STREET

FEATURING ERNIE BOGGS

Although the name Sport Ju-Jitsu implies strictly a ring sport, it is also one of the most street-effective martial arts ever devised. A complete martial art in every respect, Sport Ju-Jitsu has been proven in combat situations time and time again.

**Tape 1: Creating Your Fighting Foundation**

The first half of this tape consists of the complete guide to the rules of Sport Ju-Jitsu. Ernie then gives you the basics for creating an unbeatable fighting foundation.

#SJJ01 • $29.95 • 60 min.

**Tape 2: Leg Takedowns & Combinations**

Ernie demonstrates one of the strategies which makes Sport Ju-Jitsu unique among grappling systems – its incredible arsenal of leg takedowns. He then proceeds to introduce the viewer to combination moves.

#SJJ02 • $29.95 • 60 min.

**Tape 3: Taking the Back**

Being behind an attacker is a definite advantage if you know what you're doing. In this unique volume, Ernie teaches the viewer the finer points of taking an opponent from the back.

#SJJ03 • $29.95 • 50 min.

**Tape 4: Counters**

For every move, for every hold, there's a counter. Learn how to counter anything an opponent throws at you from the best in the business!

#SJJ04 • $29.95 • 50 min.

**Tape 5: Gold Medal Training**

In the past three decades Ernie Boggs has swept nearly every form of competition. Now he reveals the secrets that give him the distinction of having produced more ju-jitsu champions than any other instructor in the world.

#SJJ05 • $29.95 • 50 min.

**Tape 6: Taking it to the Street, Volume 1**

Now that you've built a strong foundation, Ernie shows you how to take it to the street. A veteran of possibly the most challenging no-holds barred fights in the world, Ernie knows what works and what doesn't.

#SJJ06 • $29.95 • 60 min.

**Tape 7: Taking it to the Street, Volume 2**

Ernie continues to demonstrate the moves and strategies that kept him alive in the rough-and-tumble deep South, and led his students to more victories than any other instructor in the field.

#SJJ07 • $29.95 • 55 min.

## FRANCISCO BUENO'S BRAZILIAN JIU-JITSU

Famed jiu-jitsu and no-holds barred champ Francisco Bueno's extensive series on Brazilian Jiu-Jitsu techniques.

**Volume 1: Attacks from the Guard**

Francisco demonstrates his famous arsenal of attacks from the guard position.

#BRZ01 • $29.95 • 54min.

**Volume 2: Attacks from the Mount**

In this tape, Francisco demonstrates attacks from the mount position.

#BRZ02 • $29.95 • 54 min.

**Volume 3: Attacks from the Side Mount**

The side mount is one of jiu-jitsu's most popular holds. Francisco demonstrates attacks from this position.

#BRZ03 • $29.95 • 47min.

**Volume 4: Escapes**

Francisco demonstrates escape techniques.

#BRZ04 • $29.95 • 56 min.

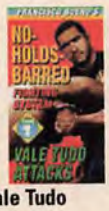
**Volume 5: Takedowns**

Everything you need to know about takedowns, from closing the gap, to entry, to the actual technique.

#BRZ05 • $29.95 • 47 min.

## FRANCISCO BUENO'S NO-HOLDS-BARRED FIGHTING SYSTEM

In this series, Bueno reveals his championship no-holds-barred moves.




**Volume 1: Vale Tudo Attacks**

Vale Tudo champion Francisco Bueno demonstrates attacking techniques.

#NOH01 • $29.95 • 52 min.

**Volume 2: Vale Tudo Defenses**

In this tape, Bueno teaches how to defend against attacks in Vale Tudo.

#NOH02 • $29.95 • 56 min.

**Volume 3: Takedowns and Sweeps**

The fine art of getting your opponent down. No-holds-barred takedown and sweeping moves.

#NOH03 • $29.95 • 49 min.

**Volume 4: Submission Holds**

Francisco's favorite submission holds.

#NOH04 • $29.95 • 52 min.

**Volume 5: Defenses for Submission**

Francisco demonstrates how to defend against your opponent's attempts to make you submit.

#NOH05 • $29.95 • 52 min.

## GRAPPLING UNLIMITED SERIES

FEATURING EGAN INOUE

Egan Inoue was the first non-Brazilian to win his division in the Jiu-Jitsu World Championships in Rio De Janeiro.

**THE GUARD**

Although you are on your back, the guard is a powerful position to be in. You'll learn how to maintain control from the guard, pass or escape the guard as well as how to counter those escape moves.

#GLTD01 • $29.95 • 50min.

**THE SIDE POSITION**

This is a great position for controlling your opponent and working your way to the mount. Learn the proper body mechanics to maintain maximum leverage.

#GLTD02 • $29.95 • 54 min.

**THE MOUNT**

The mount is the dominant position in groundfighting. You'll learn how to hold your position as well as how to finish off your opponent. Defense from the mount is difficult, but Egan will teach you the best possibilities.

#GLTD03 • $29.95 • 50 min.

## COMBAT MUAY THAI

FEATURING WALTER "SLEEPER" MICHALOWSKI

Over the centuries, Muay Thai has, justifiably, earned a reputation for being one of the world's most effective martial arts.

**Volume 1: Conditioning and Bag Drills**

The exercises and drills found in Muay Thai can make anyone stronger, faster, more limber, with quicker reflexes.

#CMT01 • $29.95 • 56 min.

**Volume 2: The Thai Pad Workout**

The cornerstone of Muay Thai training is the use of the Thai Pads. Thai Pad training develops power, speed, response time, hand and foot synergy, coordination, timing, and virtually every attribute of the fighter.

#CMT02 • $29.95 • 61 min.

**Volume 3: Fitness and Self-Defense**

Walter reveals his training secrets and some of his best street techniques. Learn how to use one of the world's most effective martial arts to defend yourself and others!

#CMT03 • $29.95 • 47 min.

## MUAY THAI BOXING

FEATURING VUT KAMNARK

Muay Thai is the national sport of Thailand and one of the most feared ring sports in the world! Vut Kamnark is president of the U.W.M.T.A. (United World Muay Thai Association) and a respected trainer of champions.

**Volume 1: Warm-Up, Conditioning & Introduction to Equipment**

This tape will get you ready to learn the rigorous techniques of Muay Thai. Full explanations on training gear and how to use them including: ankle supports, hand wraps, gloves, thai pads, focus mitts, the belly protector, heavy bags and more.

# MTB01 • $29.95 • 54 min.

**Volume 2: Basic Footwork, Punches & Elbows**

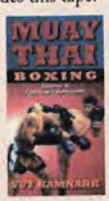
On-guard stance, basic footwork, the jab, cross, hook and uppercut. Detailed instruction on form and execution to develop maximum power and speed, as well as combination punching. The proper technique for delivering devastating elbow strikes from all angles concludes this tape.

# MTB02 • $29.95 • 50 min.

**Volume 3: Kicks & Knees**

The push kick and its variations and Muay Thai's trademark, The round kick. Next you'll learn the footwork and secrets to be able to throw this kick at any target from head to toe. The proper technique for delivering knee strikes from all angles concludes this tape.

# MTB03 • $29.95 • 55 min.




**Volume 4: Fighting Techniques**

Shadow boxing, defense against all attacks and an arsenal of counter combinations. Whether in a clinch or at long range, this tape will give you the information to fully utilize all your weapons.

# MTB04 • $29.95 • 50 min.

# FRANCISCO BUENO'S Brazilian JiuJitsu

**FRANCISCO BUENO'S BRAZILIAN JIU-JITSU *(VOLUME 1-5)***

*Famed jiu-jitsu and no-holds barred champ Francisco Bueno's extensive series on Brazilian Jiu-Jitsu techniques.*

**VOLUME 1: ATTACKS FROM THE GUARD**
Francisco demonstrates his famous arsenal of attacks from the guard position. **BRZ01 (54min.) $39.95**

**VOLUME 2: ATTACKS FROM THE MOUNT**
In this tape, Francisco demonstrates attacks from the mount position. **BRZ02 (54 min.) $39.95**

**VOLUME 3: ATTACKS FROM THE SIDE MOUNT**
The side mount is one of jiu-jitsu's most popular holds. Francisco demonstrates attacks from this position. **BRZ03 (47min.) $39.95**

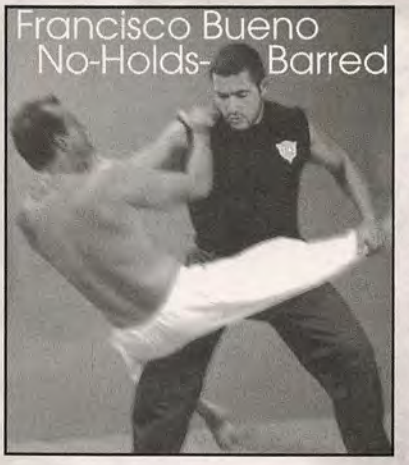
**VOLUME 4: ESCAPES**
In this case, Francisco demonstrates his famed escape techniques.
**BRZ04 (56 min.) $39.95**

**VOLUME 5: TAKEDOWNS**
Everything you need to know about takedowns, from closing the gap, to entry, to the actual technique.
**BRZ05 (47 min.) $39.95**

**FRANCISCO BUENO'S NO-HOLDS-BARRED FIGHTING SYSTEM *(VOLUME 1-5)***

*In this series, Bueno reveals his championship no-holds-barred moves.*

**VOLUME 1: VALE TUDO ATTACKS**
Vale Tudo champion Francisco Bueno demonstrates attacking techniques.
**NOH01 (52 min.) $39.95**




**VOLUME 2: VALE TUDO DEFENSES**
In this tape, Bueno teaches how to defend against attacks in Vale Tudo.
**NOH02 (56 min.) $39.95**

**VOLUME 3: TAKEDOWNS AND SWEEPS**
The fine art of getting your opponent down. No-holds-barred takedown and sweeping moves.
**NOH03 (49 min.) $39.95**

**VOLUME 4: SUBMISSION HOLDS**
Francisco's personal favorite submission holds.
**NOH04 (52 min.) $39.95**

**VOLUME 5: DEFENSES FOR SUBMISSION**
In this tape, Francisco demonstrates how to defend against your opponent's attempts to make you submit.
**NOH05 (52 min.) $39.95**

up

**TO ORDER CALL:**
**(800) 332-3330**
**www.cfwenterprises.com**
4201 Vanowen Place
Burbank, CA 91505

## UNIQUE PUBLICATIONS up
VIDEO ORDER FORM

**For credit card orders call toll-free:**
**(800) 332-3330**
Fax: **(800) 249-7761** Outside U.S.: **(818) 845-2656**
Online: **www.cfwenterprises.com**
Or send your order to: **4201 Vanowen Place, Burbank, Ca 91505**
METHOD OF PAYMENT :
☐ Check ☐ Moneyorder ☐ Visa ☐ Mastercard ☐ American Express

Sorry, no C.O.D.'s accepted. Money orders will speed processing. Foreign countries submit international money order or bank draft payable in U.S. funds, U.S. bank only.

**Please Print**

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

BUSINESS PHONE _____ HOME PHONE _____

CREDIT CARD NUMBER _____ EXP. DATE _____

SIGNATURE _____

| QTY | CODE | TITLE | VHS | PAL | PRICE | TOTAL |
|---|---|---|---|---|---|---|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

**ALL TAPE SALES ARE FINAL. Exchanges are made on defective merchandise 30 days from purchase only.**

| VIDEO PRICE SCHEDULE |
|---|
| **1 to 2 tapes: #39.95 each**<br>**3 to 5 tapes: $33.00 each**<br>**6 or more tapes: $31.50 each** |
| **PAL format tapes add an additional $10 each.** |
| **Prices subject to change without notice.** |

Shipping & handling: **Continental United States:** $5 for the first tape, $2.50 for each additional tape. **HI, AK, PR, Canada:** $6 for the first tape, $4 for each additional tape. **Foreign:** $10 for the first tape, $5 for each additional tape. Additional shipping charges and/or duty fees may occur on foreign orders.

| | |
|---|---|
| **SUB-TOTAL** | |
| **CA RESIDENTS ADD 8.25% SALES TAX** | |
| **SHIPPING & HANDLING** | |
| **TOTAL AMOUNT ENCLOSED** | |

# Warm-Up Drills

2

**By Royler Gracie and Kid Peligro**

Photos by Ricardo Azoury

## Warm-ups are very important. They not only serve as a way to get your muscles loose and avoid injuries, but also are a way to get your neuromuscular system in gear.

These warm-up drills are designed to improve your physical performance and execution of the actual techniques. They can be practiced before any training routine and should be done at the beginning of each day of practice.

The hip escape drill is a great way to warm up your body, as it uses most of the muscles and joints in your body while replicating one of the most commonly used motions in submission grappling, the hip escape. Having a "soft" or "flexible" hip is one of the keys to progress in submission grappling. In fact, good hip movement is often used as a way to measure progress. The key to this motion is to bend at the waist. A very common mistake—even among advanced practitioners—is to keep a stiff hip while doing the hip escape.

Being able to stand up in base is another very important technique in self-defense, sports jiu-jitsu, and submission grappling. Many times in a match, an opponent will disengage from you and give you the option to stand up. If you stand up without proper technique, the opponent may attack, push you back down, and score points for the takedown. In the second warm-up sequence, Royler "lubricates" his knee and hip joints, along with the shoulders.

The ability to maintain balance is a very basic aspect of any form of fighting. This is especially so in submission grappling, because takedown points are given a great deal of importance and being on the top is such an advantageous position. In the walking-in-base drill, Royler integrates his legs, hips, and arms, along with warming up his neck area. The neck is one of the most important areas in submission grappling, and one of the most neglected. Not only is it vulnerable to submissions, but because so few holds are effective in submission grappling, it is very common for the opponent to control you by holding the back of your neck. This drill not only uses the entire body together, but it also develops base when walking while your opponent is controlling your neck.

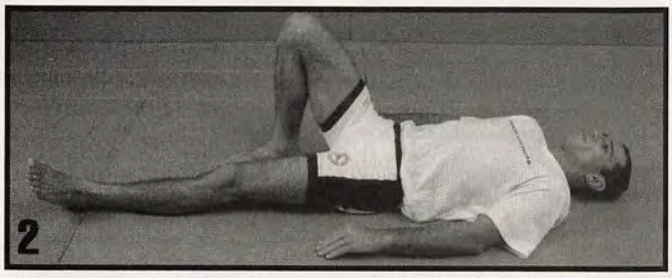
"He who controls the center controls the position." That motto is never more true than in standing techniques where the person with his arms inside his opponent's armpits controls the middle and thus the entire situation. In the pummeling drill, Royler not only makes you work your arms, shoulders, hips, and feet, but also makes you practice the invaluable skill of slipping your arms inside for control.

In the final warm-up drill, Royler uses a simple motion to take his opponent's back and go for a takedown. Again, Royler uses a simple technique as a warm-up drill in order to make the best use of the warm-up time to practice important moves. Royler likes to use these moves specifically as drills because they are the building blocks of so many advanced moves, and because they provide a complete warm-up.

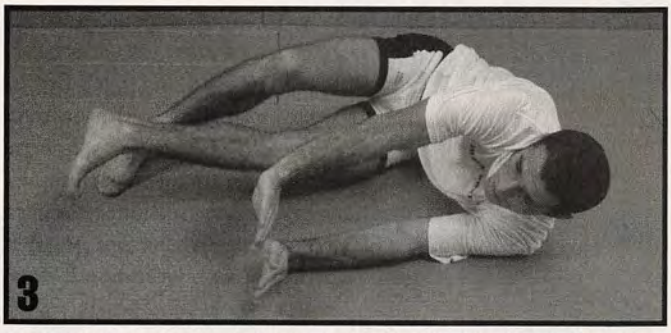
*The techniques shown in this article were excerpted from* Brazilian Jiu-Jitsu Submission Grappling Techniques, *by Royler Gracie with Kid Peligro, Invisible Cities Press, available at* www.mmamart.com.

## Hip-escape drill

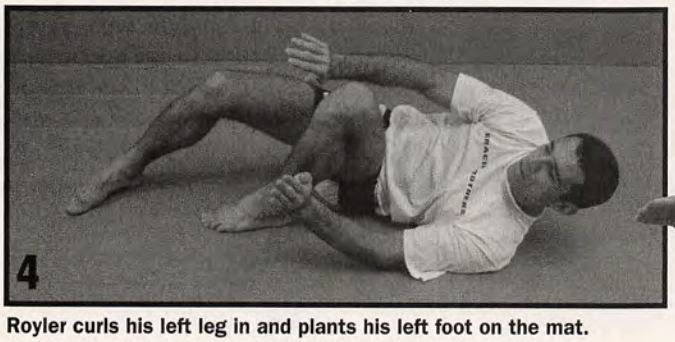
Royler starts off lying flat on the mat, arms straight next to his body.



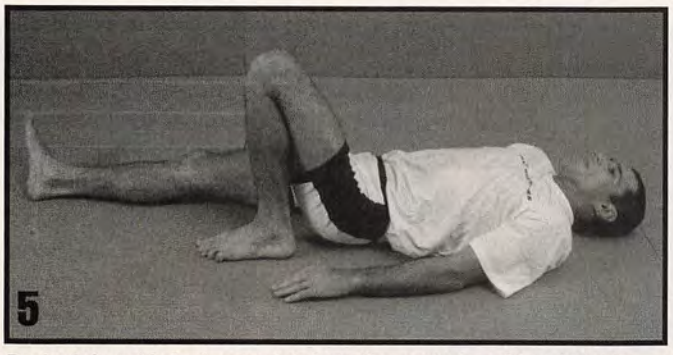

Royler bends his right leg and plants his right foot on the mat.




Pushing off his right foot, Royler jackknifes his hips to his right by pushing his buttocks out while bringing his head toward his knees. This simulates pushing off an opponent with his arms.

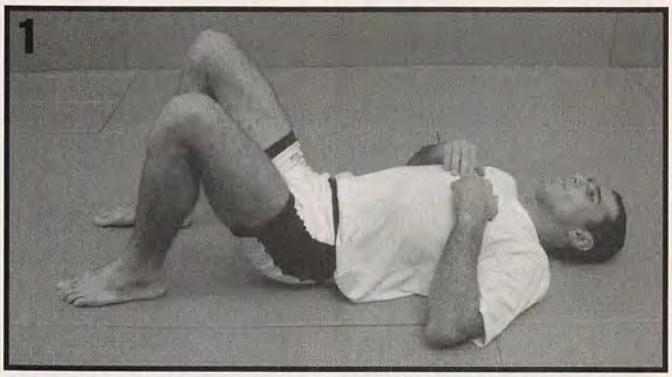



Royler curls his left leg in and plants his left foot on the mat.

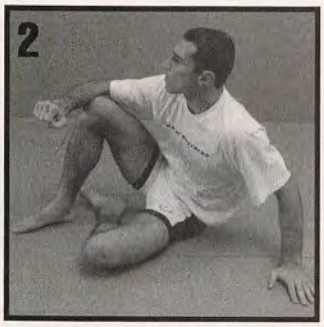



Royler brings his body completely to the neutral position, but this time has his left foot planted and begins the hip escape to the opposite direction.

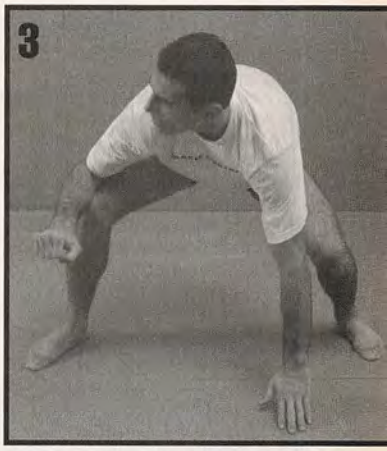
## Standing-up-in-base drill



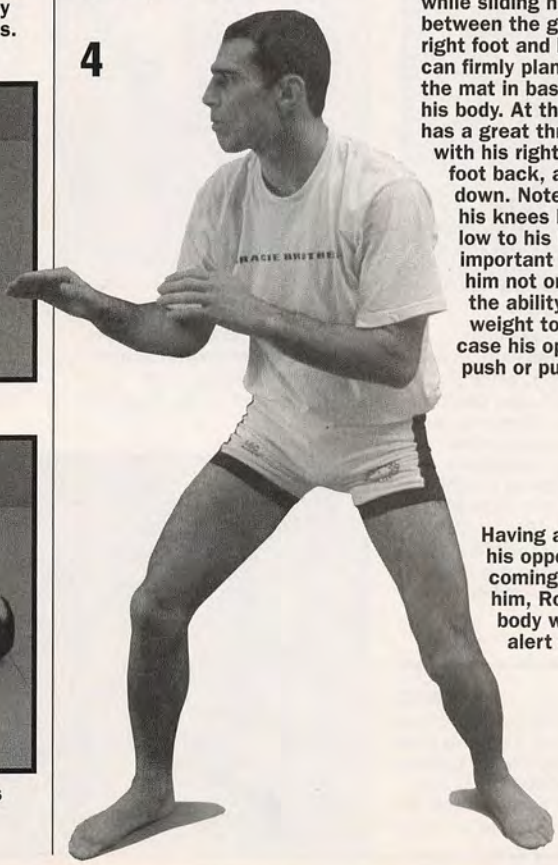

Royler lays down flat on the mat with his legs bent at the knees and both feet planted on the mat.




Royler sits up, plants his left hand slightly behind him and off to the side, curls up his left leg, and rests his right arm on his right knee. Now Royler has a good base, with his weight equally distributed between his right leg and left arm.

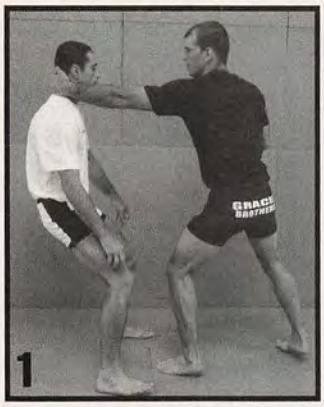



Royler pushes off his right foot and left arm and raises his hips, while sliding his left leg through between the gap formed by his right foot and left hand, until he can firmly plant his left foot on the mat in base, slightly behind his body. At this point Royler has a great three-point base with his right foot in front, left foot back, and left hand down. Note that he keeps his knees bent and torso low to his legs. This is very important because it gives him not only base but also the ability to shift his weight to compensate, in case his opponent tries to push or pull him off base.

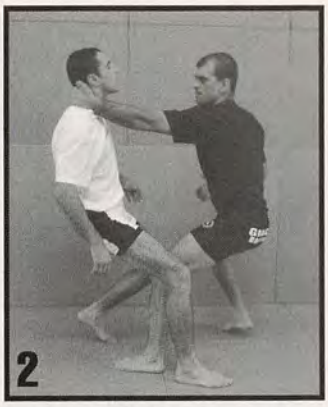



Having ascertained that his opponent is not coming forward to push him, Royler extends his body while remaining alert and in good base.

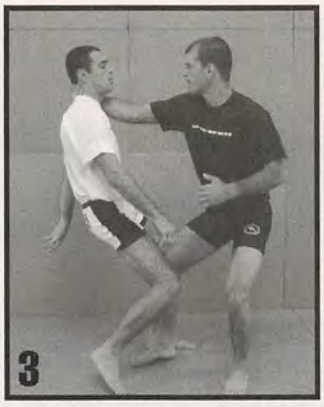
## Walking-in-base drill



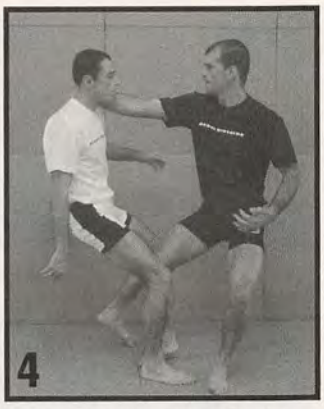

Royler is in base with his feet firmly planted on the mat, parallel to each other. His knees are bent and his hips are low, helping him maintain his base. Megaton grabs the back of Royler's neck with his left hand as he pulls Royler forward. Royler maintains his base by leading with his neck while keeping his stomach area tight, maintaining muscle connection from his legs to his hips. At first, just develop your balance without any motion.




Megaton switches hands and pulls Royler forward as they walk back and forth.



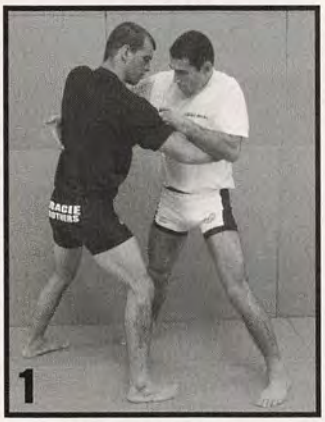

As you begin to warm up and feel your base progressing, start the motion drill. While Megaton maintains the pulling pressure, Royler walks back, leading with his head and pulling Megaton with him.



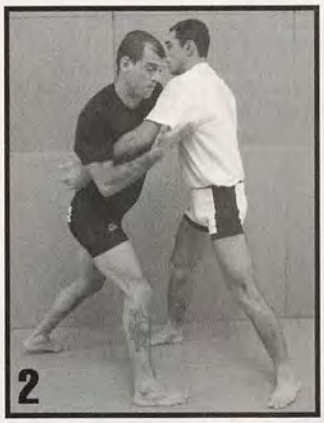

Notice that it is important for Royler to keep his head straight and maintain a straight line with his back all the way to his hips. If you bend at the head, you lose balance and control. "Where the head goes, the body follows!" If you bend at the spine or the back, the same thing will happen. So if you begin to lose your balance and you have to adjust to recover, do it with quick steps while maintaining form with your upper body.

**This drill is useful for both positions, so you should alternate with your partner. Not only is the defensive role helpful, but the attacking partner will develop the balance necessary to take advantage of the controlling hold.**

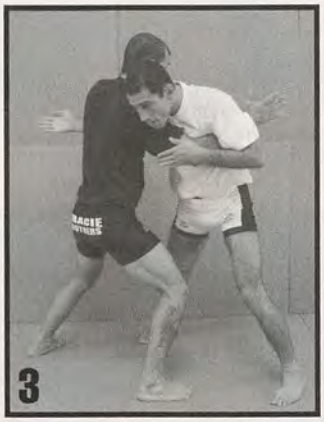
## Pummeling drill



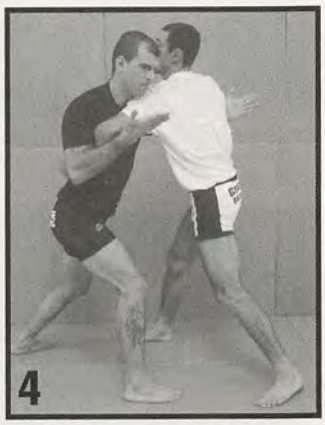

Royler starts off facing Megaton in the over-under clinch, with his right arm inside Megaton's left arm, while Megaton has the same position on the other side. Royler begins the exercise in coordination with Megaton by circling his left hand around Megaton's right forearm until he can slide his left arm between Megaton's right arm and body, while Megaton simultaneously does the same move to Royler.




Notice that they both have to work in synchronicity as they exchange arm positions and alternate swinging their shoulders and heads from side to side.




The object is to start off slow and warm up, practicing the ability to slip your hands inside your opponent's arms, as if you were swimming.



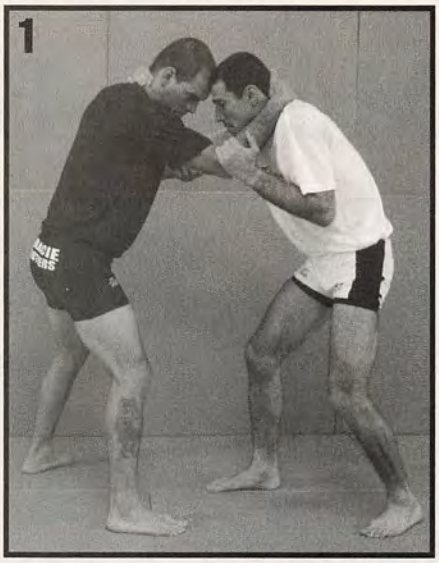

After you have mastered the move and warmed up, try to see who can be faster than the other and end up with both arms inside.

**Detail**

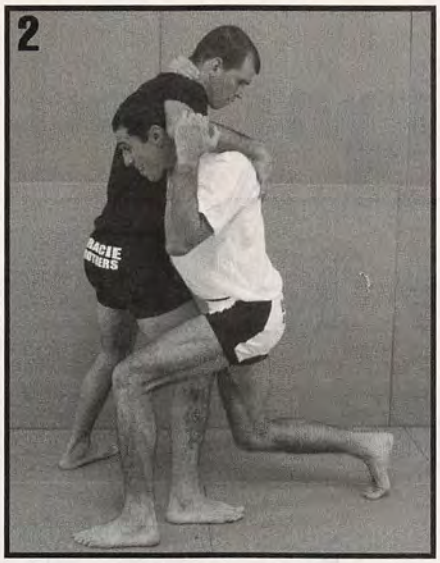
Notice the hand position: palm facing in and fingers close together, sliding over the forearm just above the elbow to reach the gap between the arm and the body.

**Do the drill for at least three minutes, until you break a sweat. As you begin to gain speed, try to attain the inside position.**

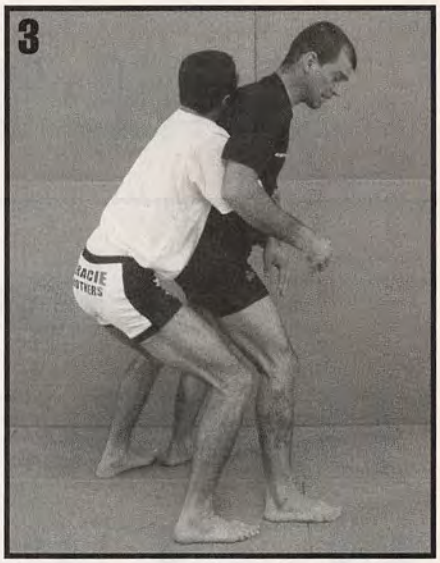
# Takedown drill



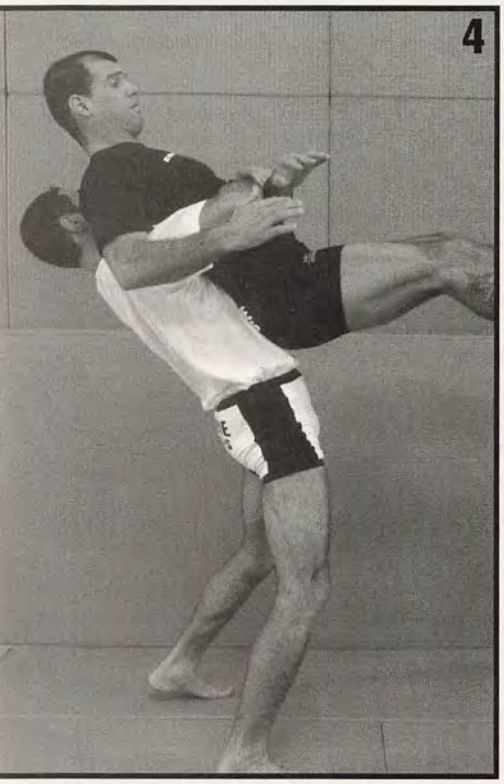

Royler starts off facing Megaton in a collar and elbow clinch. His right hand is behind Megaton's head, controlling the neck, and his left hand is holding Megaton's forearm near the elbow. Megaton has a similar grip on Royler. This is a very common situation in submission grappling.



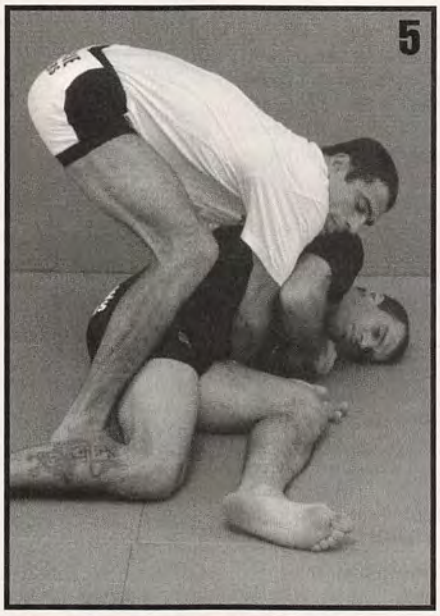

Royler takes a quick step forward, just past Megaton's body, and quickly pushes Megaton's right elbow up, allowing Royler to dip his head under. (Note that if your opponent has an extremely strong grip on you, you may not be able to free yourself so easily. In that case, refer to position 7.) Royler makes sure he keeps contact, with his head on Megaton's arm, and uses the back of his head to propel Megaton's arm forward with a quick flinch. This not only forces Megaton to lean forward but also prevents him from quickly replacing his arm in front of Royler's face.



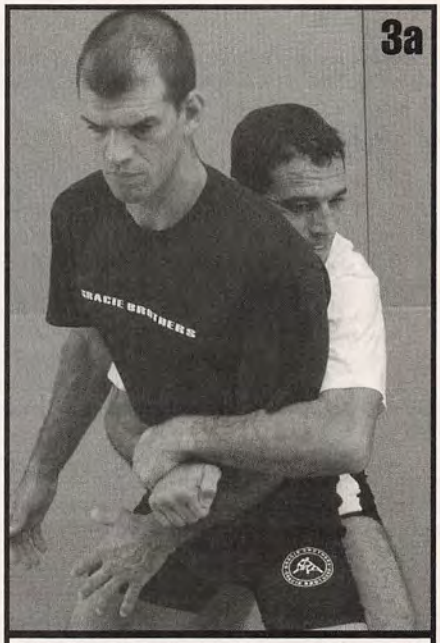

Royler continues the motion and slides behind Megaton and bear hugs him. Notice Royler's feet position and base, ready to control and accompany Megaton if he moves in any direction. Royler needs to keep his head turned to one side and his head and body tight on Megaton's back, pushing against the back, so that Megaton can't swing his body around and get his arm around Royler's face.




While maintaining close contact with Megaton and making sure his hips are lower than Megaton's, Royler lifts his opponent, using his legs.




Royler drops Megaton down on the mat, turning him in the air so that he lands on his side and Royler ends up behind him.




## Reverse Angle

Notice how Royler's bear hug traps Megaton's arm. This occurs as a consequence of the move, since Royler's right arm was in front of Megaton and his left one circled around the back, looking for the bear hug. This may not happen every time—an opponent may open his arms wide—but it is the ideal situation and should be the way you practice the drill. Also notice Royler's grip, with his left hand clasping his own right wrist for extra control.

# "Before I Learned the Real Stiff, Tight and Muscle-Bo

# How To Double Your Flexibility In One Evening!!!

*Matt Furey doing the front splits with ease, despite having "tree trunk" legs*

***Follow my step by step program and feel the tight spots loosen, the pain dissipate and the years of stretching frustration waylaid. Amaze your friends with your new found flexibility.***

**Dear Friend,**

Last weekend I was in Cincinnati, having dinner at **TGIFridays** with a group of friends. One of the people at the table was Bill, an executive in his early 40's. He kept asking me about the many coaches I have had throughout my career. He wanted to know what Olympic champion Dan Gable was like. He wanted to know what Bruce Baumgartner (another Olympic champion) was like. He wanted to know what Karl Gotch was like… and so on.

Finally, out of the blue, he asks me, **"Are you flexible?"**

"Sure am," I said, thinking nothing of it. Then I continued: "But I didn't use to be. In fact, I was so stiff I started having back pain in college."

Bill then put a puzzled, I-don't-believe-you look on his face. "**YOU'RE** flexible?" he questioned. "I wouldn't think with your muscular size that you would be."

I proceeded to tell Bill that I could do the splits, hold a gymnastic bridge with one arm, lie on my stomach, grab my ankles and jump off the floor only using my stomach muscles, and so on. He looked at me in surprise and gave me one of those long drawn out words. I'm sure you're familiar with it. It sounds like this…

**"REALLLLY?"**

Then it hit me. If this guy doesn't think I'm flexible because of the way I'm built, then there are probably a lot of other people who think the same thing. Moreover and more importantly, these people could greatly benefit from the unique system of stretching I teach.

### My system can even help the super stiff double their flexibility—oftentimes in one hour.

Let me tell you about ***Vampiro***, a world famous pro wrestler, and a prime example of someone I have helped gain far more flexibility in one hour than he could attain following other programs for months, even years. I'm sure you're familiar with some of these programs. They're the ones that lead to a destination called… frustration.

Just so you know, ***Vampiro*** is 6'3" and 255 pounds of streaming steel. He is incredibly powerful and quick as a cat. Yet, in terms of flexibility, he has endured so much pain in the ring, including a broken neck, that some of his muscles and joints had no give left in them. Talk about stiff. He had the flexibility of an iron dog. He was even stiffer than I used to be.

Well, a couple months ago ***Vampiro*** came to Tampa to train with me for a few days. When he left he had this to say:

***"I just finished my private bootcamp with Matt. Today was great. Wait, today was… emotional. When I came here I wasn't able to come close to touching my nose in the bridge. I was only on the top of my head. But within 30 minutes Matt had me down and touching for the first time. I also had a shoulder injury that was killing me and needed an operation. I couldn't move my right arm without a lot of shoulder pain. Matt fixed it in 6 min.. I also SAW Matt help a guy to breathe that was so sick, he could not even talk! Thank you Matt, from the heart."***

Now, bear in mind that I only worked with Vampiro on some of the stretching exercises I'll be teaching you in my new course entitled, ***Combat Stretching – How To Double Your Flexibility In One Evening***. Why? Because he was primarily here to improve his submission fighting skills.

So imagine how fabulous he would have felt if I would have taught him the entire program you'll be learning in my new course. And imagine how great you're going to feel when you impress your friends with your new found flexibility.

This mind-blowing course will consist of three parts, taught on three separate videos. Part one will feature nearly 20 dynamic stretches, many of which most people here in the U.S. have never seen or done before. These dynamic stretches increase flexibility through movement, hitting all the major muscle groups and joints. You'll learn dynamic movements used by Hindu wrestlers as well as some of the toughest champion athletes in Japan and China. [**Don't forget, I live in China during part of each year; my wife is Chinese and I won a world kung fu title in Beijing, so I have access to teachings most Americans would love to know. And I'm bringing them to you in this course.**]

The bottom-line is that you won't just become flexible from these dynamic movements—you'll also get stronger.

Always remember that flexibility without strength is a very bad thing. If you're in a combat sport and you're limber but weak, I think you know what will happen to you. That kind of flexibility makes you injury prone. Not a good thing. So it's important to strike a delicate balance between strength and flexibility. One without the other is not good.

I've said it before and I'll say it again, ***"What does it matter if you have the flexibility to kick someone in the head, if you don't have enough power in the kick to knock him out."***

### The dynamic stretches I teach will give you that "moving" functional stretch and the power to go with it.

These dynamic stretches alone will greatly enhance and improve your current level of flexibility. They will also give you more energy, more stamina and increase feelings of well-being. And for those of you who compete in sports, they're the perfect warm-up before engaging in more vigorous exercise.

Also, rest assured, none of these stretches are girlie-man stretches done by a sissified, skinny wimp with a ballerina build. These are stretches that anyone can do. Even someone with a stocky, bulldog muscular build like mine. Even someone

# Secrets to Flexibility I Was und... But Not Anymore!"

who is stiff as a board. Just watch the video and follow along and your muscles will begin to loosen; tension will melt away and your athletic skills will soar.

**The second video** will cover what I call ***Deep Breathing Stretches.*** Once again, there are courses on deep breathing and there are courses on stretching, but mine is the only one that truly teaches you the most important keys about how to connect the two. Yes, you learn deep breathing techniques with some stretching programs, but mine cuts to the bone and shows you the **"master keys"** that make your breathing COMMAND your body to get more flexible.

Yes, I'll show you how to do the splits, but realize that this stretch is grossly over-rated. Think of your body as a complete system of energy. If your hip flexors and groin are flexible, that's only part of your body. If you want the real keys to flexibility, vitality and high energy, then you gotta get to work on your spine. That's where your personal electricity gets turned on. And that's where your energy gets blocked.

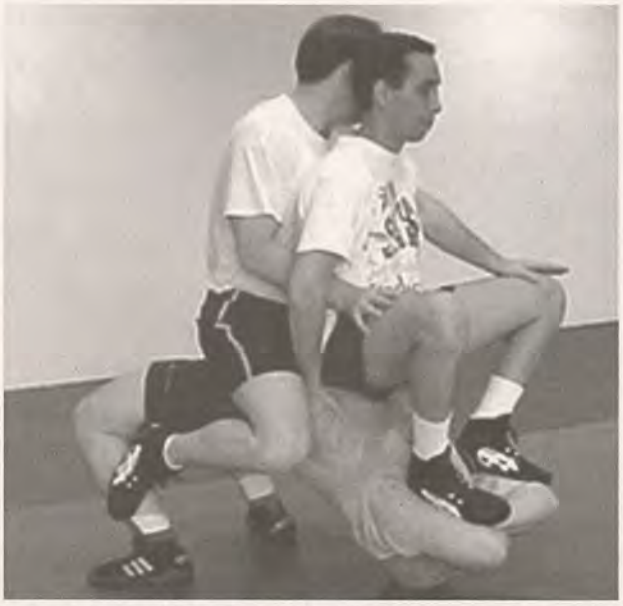
## It's All About Vibration

Remember that your success in life is in direct proportion to how vibrant you are. And how do you increase your level of vibration, and rapidly? You do it through deep breathing, proper thinking and the most beneficial stretches to your entire system. Isolating one little muscle here and there is not what you want, especially in a combat situation. Your body moves as one unit. So don't stretch it one unit at a time. Do stretches that hit multiple areas of the body simultaneously. Do stretches that also, through the application of deep breathing and proper thinking, increase your physical strength and health. Again, you're not just going for flexibility. You're going for the entire package.

**Tape three** in the course teaches **Energy Drills & Joint Mobility Stretches.** ***And look out. We're talking major league great stuff here.***

For example, did you know that there are many exercises that martial artists, combat athletes and other exercise enthusiasts do, and without realizing it, they are literally harming themselves? **Why is it that more and more karate students need reconstructive knee surgery? Why is it that so many are having hip replacements?** Why is it that after the age of 40, many of the top karate kickers in the world, even those who used to have beautiful, powerful kicks—now have kicks that have literally turned to shit?

You'll find out why in this tape, and you'll learn some quick, simple, easy-to-learn energy drills I learned in China that will correct these weaknesses instantly. **Minutes after doing these drills, you're going to have greater flexibility and power in your lower limbs.** You're also going to be fired up, full of pep and



*Matt Furey shows off his incredible flexibility by supporting two, adult men in a back-bridge*

*The flexibility of your spine is FAR more important than the splits*

enthusiasm that had inexplicably drained out of you, without you even knowing it.

In addition to this, you'll find another 15 exercises on this tape that loosen every joint in your body. Just doing these drills and joint loosening exercises, even without the other stretches, will astound you. You'll feel like a little kid again, bouncing off the walls with energy.

By now you should definitely see how much these tapes can help you. But I want to go one step further.

Normally this course will sell for $177 or more, but for a limited time, I will offer this course for $50 off, which drops the price to an unbelievably low $127 plus $8 S&H (foreign orders add $20 for S&H).

But that's not all.

Order now, and while supplies last, I'll also throw in a **free copy** of a tape called, ***"Chinese Underground Sports Rejuvenation Secrets" – a $199 dollar value.*** On this tape I am going to teach you what I learned on my last visit to our second home in China. These incredible techniques will, without a doubt, double your flexibility in record time. Not only that, they can help your aches, pains and injuries heal much faster. Learn the secret of how I eliminated Vampiro's shoulder problem inside of six minutes. Learn much, much more than that, too.

Order ***Combat Stretching – How To Double Your Flexibility In One Evening*** right now. Pick up the phone and call 813 994 8267 and place your order on our secure voicemail or place your order online at www.mattfurey.com. You can also mail your order to: Matt Furey, 10339 Birdwatch Dr., Tampa FL 33647.

Best,

*Matt Furey*

P.S. Remember, for a limited time, if you order now, you'll get $50 off the regular price of $177 – dropping it to an incredibly low $127. Plus you'll get a free copy of ***"Chinese Underground Sports Rejuvenation Secrets" – valued at $199.*** Order now. Before this offer changes.

❑ Yes, Matt Please rush me the ***Combat Stretching – How To Double Your Flexibility In One Evening*** for only $127.00 plus $8 S&H. Plus, I'm eligible to receive a free copy of ***Chinese Underground Sports Rejuvenation Secrets*** while supplies last.

NAME: _____

ADDRESS: _____

CITY _____ STATE _____ ZIP _____

COUNTRY: _____ PHONE: _____

❑ Money Order drawn from a U.S. bank

❑ Visa ❑ MasterCard ❑ Amex

CARD NO: _____

EXP: _____ SIGNATURE: _____

Make Money Order Payable to:

**Matt Furey Enterprises, Inc.**
10339 Birdwatch Dr., Tampa, Florida 33647, USA
**www.mattfurey.com**

GR04

© Copyright 2003, Gold Medal Publications, Inc.

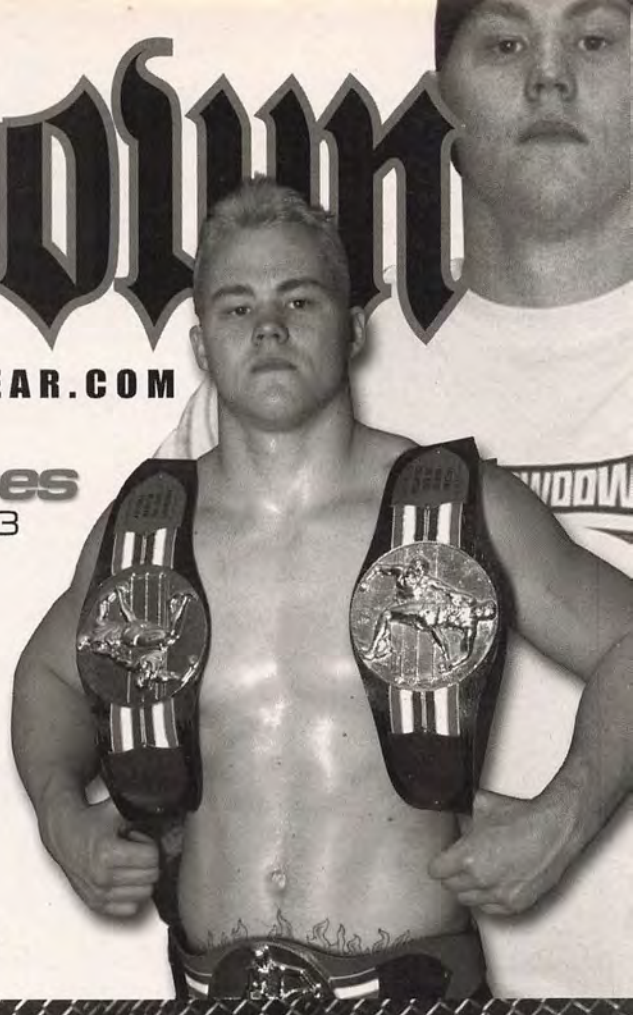
TEAM throwdown

THROWDOWNFIGHTGEAR.COM

## Edwin "Baby Face" Dewees

**UFC Debut:** Las Vegas, September 26, 2003

- t-Shirts
- Hoodies
- Hats
- Skull Caps
- Gloves
- Shorts
- Girls Tanks



# RAGE IN THE CAGE

## XTREME SPORTS CAGE FIGHTING

**You've read about Rage in the Cage in Grappling Magazine...**
**Now see 12 Action-Packed fights on One Video!**

**$11.95 + $3.95 S&H**

**To order, please send check or money order to:**

**Roland Sarria**
**BRAUSA ACADEMY**
1932 E. University Dr.
Tempe, Arizona 85281

**For more information & to order online visit**
**www.rageinthecage.com**
**Call 480.446.8127 or email: ritcpaypal@yahoo.com**

# Street Tools for the Sport Grappler

**By Shelton P. Yamashiro**

What can a sport grappler do to prepare for the street? Cross-training in muay Thai or other arts would help, but most grapplers have no time to cross-train. There are a few simple tools which, if learned properly, will enhance a grappler's ability to deal with a street confrontation.

Sport grapplers are highly skilled martial artists because most of their training is done against skilled, aggressive and uncooperative opponents. "Rolling" or sparring involves progressive resistance and set the grappler apart from many martial artists. A sport grappler practices entries, takedowns, submissions and chokes at full speed against their opponent. While grappling skills are excellent for use in a street altercation, sometimes the opportunity for a lock, throw or choke may not be available due to environmental limitations or multiple assailants.

Many sport grapplers have no intention of entering a mixed martial arts competition, nor do they wish to be involved in a streetfight. Even so, they should incorporate some skills that enhance their abilities on the street. In my Brazilian jiu-jitsu (BJJ) and Jeet Kune Do (JKD) training, I have been exposed to many tools that would be an excellent supplement to the sport grappler's arsenal. Among these tools are boxing punches (jab, cross, hooks, and uppercuts), low-line muay Thai kicks and last-resort survival moves such as eye rakes, biting, fish-hooking, et cetera). Many of these tools require dedicated training to effectively develop and become proficient in their use.

Many recreational grapplers train two or three times a week and have no desire to train in a striking style. Taking this into consideration, supplemental tools for the recreational grappler are lmited to those that are easily learned and compliment a grappler's physical attributes such as a strong sense of balance, explosive movement, and close-in agility. These attributes lend themselves to the development of some of the most powerful striking tools available.

These tools are the head butt, knee, and elbow strikes. They are well suited to a grappler's fighting range. These short-range tools are extremely powerful and require no wind-up or cocking. With moderate effort, these close range weapons are easily learned and devastating when used in a fight. They perfectly compliment the abilities of a grappler because they are easily executed from a close-quarter clinch environment.

## The Entry

Besides the addition of a few striking tools to the grappler's arsenal, a modification to the entry technique is required. This will allow the execution of techniques and provide protection from your opponent's punches. The best entry is one in which you can overhook or underhook the attacking arm and gain a clinch that leads to neck grip or a body-lock. This type of entry provides the grappler with protection while entering into range to disturb the attacker's balance for a throw, or to execute any number of combinations.

**Clinch Entry**

**Shelton Yamashiro parries his opponent's left jab while slipping his head to the right (1). He covers and enters, closing the distance slipping the right cross (2). Yamashiro then over-hooks the opponent's right arm and secures a grip on the neck (3).**

## The Head Butt

The first effective striking tool is the head butt. This weapon is often misunderstood. A fighter shouldn't just bang their head into their opponent. There are

**Face Smash Head-Butt**

**Shelton Yamashiro cups opponent's head, opponent is blocking to prevent knee strike and pulls head up (1). He then pulls his opponent's head down using his arms, shoulder and back for power, and drives his body upward into his opponent's face (2).**

Photos by Heather McRae

**Neck Grip Head-Butt**
**Shelton Yamashiro over-wraps his opponent's right arm and secures a neck grip (1). As the opponent tries to free his head he creates space (2), allowing Yamashiro to drive the curved part of his skull into his opponent's temple.**

two ways of using the head as a weapon. The first is the face smash, where you drive your opponent's face down into your rising head, slamming it into the top and driving upward. Most important is that the opponent's head is being cupped by the hands - the neck is not the focus of the snap-down. This technique can be used when you catch the opponent's head going back from an elbow strike. You will usually catch his head with one hand, and then feed your second hand to cup his head, then snap his head down while driving upward into his face.

The second head butt technique is making the striking surface the curved part of the skull located above the forehead. The targets are the opponent's nose, temples or eye sockets. Don't be overly concerned about missing, as a powerful impact anywhere in the facial region or near the temple or front of the eye socket will cause damage. It is preferable to use the curved part of the skull that is about two inches off-center and the same distance above the eyes near the hairline. The strike can be done with one or both hands cupping the head and pulling the opponent's head while driving forward.

The most important thing to learn about this technique is that you are not just snapping your head into your opponent's face. Your neck is tensed and your body and head move together so as to not injure your neck. You drive into your opponent like a bull with horns. If these techniques are done properly, you will have no problems in a fight.

## The Knee Strike

The next tool is the knee strike. There are several ways to use a knee, but we will limit ourselves to the two easiest methods. The first is the knee thrust. In this technique the knee is driven straight into the body of your opponent. It is important to practice thrusting or extending your hip into you opponent to put your body behind the knee, a good kicking shield is excellent for training this tool.

**Lunging Head-Butt**
**Shelton Yamashiro squares off against his opponent (1). Yamashiro double-traps the opponent's hands downward (2), and then lunges in with a head butt to the opponent's face.**

**Knee Thrust**
**Shelton Yamashiro and his opponent clinch (1). Yamashiro unbalances his opponent and raises his knee for thrusting (2). He then thrusts his knee into his opponent's lower abdomen (3).**

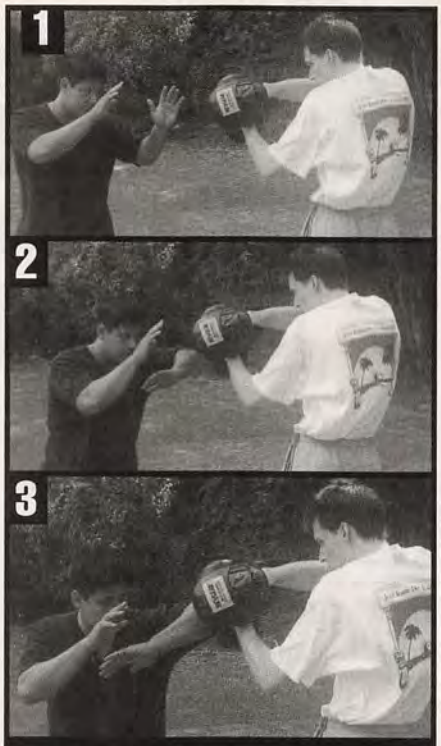
The second way of using the knee is by driving it in an upward direction. The rising knee is useful when snapping your

opponent's head down. While forcing your opponent's head down, you simultaneously drive your knee upward into their head or face. When performing this technique, be sure to use your whole body by twisting your torso towards your rising knee. This puts your body's power into the snap-down of your opponent's head.

**Rising Knee**

**Shelton Yamashiro and his opponent clinch (1). Yamashiro grabs the neck as his opponent blocks the knee thrust, so he twists the opponent's neck and body, using his forearms to apply the pressure (2). Yamashiro forces his opponent's head down and the rising knee (3).**

Once you have developed the ability to throw knees well, experiment with knee strikes to your opponent's outer-thigh, ribcage and solar plexus. Look for targets when sparring and throw knees lightly. This may provide openings for other attacks such as throws.



**Lead Elbow Strike**

**Shelton Yamashiro squares off with his training partner (1). Yamashiro steps in and starts extending his elbow while tucking his hand towards his chest (2). Yamashiro strikes the pad (3).**

## The Elbow Strike

The last tool is the elbow strike. The elbow strike can be thrown in several angles, with the lead or rear elbow. Straight up, down, horizontal or diagonal, even rear elbows can be thrown. The power of this short-range weapon comes from putting your body into the strike. The mechanics are similar to throwing a punch. The difference is that you tuck your hand in to expose the elbow and strike with the bony area about three-quarters of an inch from the tip of the elbow. By tucking your hand in and turning your palm outward, you will increase the chances that your strike will connect with the bone of the arm and not the muscle.

## The Training

Once you have the mechanics down, take 15-30 minutes of your grappling workout and work on these techniques with focus mitts, kicking shield, Thai pads, and helmets. This is a great way to start or finish your workout and keep these tools tuned-up for use. Have your training partner throw jabs for you to parry. Then have him throw a rear hand for you to practice covering and entering. Add progressive levels of resistance to build up reflexes and to lessen the chances of being countered. After a short period of dedicated training you will begin to see numerous opportunities for head butts, knee, and elbow strikes when grappling.

Shadowboxing will also help you to refine your form and put them together in combinations. Unlike boxing or kickboxing which requires a dramatic change in your fighting style, these techniques will be easy for grapplers to incorporate, because they already have the attributes to make them work. Grappling

**Rear Elbow Strike**

**Shelton Yamashiro squares off with his training partner (1). He steps in and starts exposing his elbow while tucking his hand into his chest (2). Yamashiro strikes the pad (3).**

*It puts the ultimate survival tool directly into YOUR hands...*

# "If You Were Forced To Spend One Day As An Inmate Inside The Worst Prison In America And Were Allowed Just ONE Thing To Guarantee Your Survival... This Would Be It!"

*Now, a Totally Different Program reveals the one constant that allows YOU to not just level the playing field but actually tilt it in your favor... regardless of the odds against you.*

**by Paul Thomas**

You round a corner... and suddenly a huge hand grabs your shoulder. The grip is so intense all you feel are daggers of pain down your back ... and that knife resting against your throat.

Say 'hi' to Jake... twice in prison for armed robbery, life for this sociopathic scumbag has gone to hell and you're about to become the reason he's headed back...

"Oh shit, what do I do now?"

If that's your reaction... don't feel bad. It's almost everyone's response... regardless of background or training!

It isn't your fault. It's just that nothing has prepared you to handle worst-case, over-the-edge violence... the kind you expect to see only in PRISON. But what's frightening is this: crime stats show 83.7%... nearly everyone... will face this nightmare at least once in our life... and it won't be in prison!

Wouldn't it be nice to never worry about Jake? To have that voice inside confidently say, "Hey, if something happens, I've got it covered! Doesn't matter. He's got a pipe? So what. A gun? Not to worry."

A fantasy? Not any more. Tim Larkin, creator of *Target-Focus™ Training*, the #1 rated self-protection system in the world today, gives you just that.

In a daring move with potentially serious ramifications, he's released a WEAPONS-focused version of his *TFT* system that shows you how to defeat a violent criminal in a **WORSE-than-worst-case scenario** -- in prison! After seeing his program... a life-or-death confrontation in a dark alley is a piece of cake.

Not only does this new series take you inside the criminal mind, it goes way beyond... showing you how and why you must first learn to USE a weapon... if you ever hope to defeat a criminal using it against you! Highly unconventional and extremely controversial it teaches you how to get your focus off the weapon... and onto defeating the REAL threat.

Packed into a tight video series, it's cold, calculated and very straightforward. There's no hype or bullshit. Just a total focus on dealing with violence.

You'll be shocked at it's focus on action and simplification. A criminal is all about simplicity -- "just stab him." Complicate how you deal with him and his simplicity wins... every time. That's part of why this system is unlike anything you've seen before!

But the program isn't about posturing, then getting into say, a knife fight. You may be good at knife fighting. Who cares. The real issue is: if you're involved in a violent crime and you need to bash someone's head in to save your life... can you do it?

Jim, a highly ranked spec op guy who saw parts of the videos noted, "If I ever walked through the gates of prison this is exactly what I'd need to know." And before you snicker about "never being in prison", remember this: run into Jake... and you ARE there!

During filming a woman holding the boom mic commented, "You can't show that. It's illegal!"

WRONG! That's why Larkin released his new material in this format. Virtually everyone puts rules or restrictions into their self-protection system -- often without knowing it. Face a predator without morals or rules like yours and you're screwed. When it becomes life-or-death, you need to be able to go whole-hog... and this new program shows you whole-hog -- plus!

These videos will instantly change your mindset on how you picture yourself in a violent confrontation ... regardless of your training or whose videotapes you've watched. Even the military ones.

That's the world Larkin comes from so he knows it intimately. He spends little time talking about his years as a spec op Naval officer because it focuses on what he's done... and not **what YOU get** from his system!

He's quick to note that military systems notoriously are outdated and inefficient when dealing with on-the-street criminal violence. Sophisticated weapons and proficient operators mean hand-to-weapon training takes a back seat. Fine for them... bad for you.

It's why even though he trains military, government and law enforcement he's focused his efforts on worst-case civilian violent confrontations with dramatic success. He's trained individuals around the globe (in 2003 in Europe, Mexico and Australia, and even on a private cruise ship in the Baltic Sea); next year it's the Middle East and Asia. Real violence in the US often pales compared to the everyday international violence he's called in to prep for.

But terrorism and escalating violence in the US has compelled him to release his material in a dramatic new format. **And there's nobody that's ever shown it like this**. Not even the military. Everyone is terrified of public reaction.

**Larkin's take**: you must know what gives you the greatest chance for surviving a lethal confrontation. "If it saves one life... it'll be worth the hassle I know I'm setting myself up for. To competently fight someone with a weapon you need to know how to fight with one... intimately. Now you're gonna see it."

Where others show you how to avoid a knife, he shows you how to work with and against it. They wind up empowering the knife. **He empowers you**!

Some foolishly feel this stuff is too violent, ignoring the fact you don't need to push it to levels shown on these tapes. You can always ramp it down. It's just that **you can't ramp it up and kill someone if you've never done that before**.

Still he's taking a huge risk and will catch a lot of flack. Violence is ugly, vicious and upsetting and you'll see lots of disclaimers running across the screens of these videos. Some will be shocked, dismayed, offended and **outraged that anyone would dare show this stuff**. They'll raise a huge stink... and do everything possible to get this yanked. But better you see this on video than have Jake show you in real life!

Everything you'll see here is vintage *TFT*. You learn to hurt someone very quickly (every sequence shows killing movements right from the start). There's no size, speed or quickness required. Anyone can learn this because it's based on principles not one person's skills.

Tim Larkin, creator of *Target-Focus Training*

Guys that have been in the trenches for years, those who have seen everything, are blown away by the simple brutality and effectiveness of this system, by its total focus on YOU and the competence of Larkin's instructors, including their knowledge of anatomy and how to inflict trauma on the human body. Each instructor averages 10 years of training, and Larkin **himself has taught over 5,000** individuals worldwide.

Surprisingly most of his **instructors** aren't 'jocks'. Many **have advanced degrees**; five hold PhD's! When he says *TFT* is **built on science**... he isn't bullshitting. His advisory board includes two medical doctors who assure Larkin and his instructors offer accurate, scientific based, up-do-date information about inflicting trauma on the human body (that's why his system is so devastating: you learn not only the HOW... but the WHY).

Unfortunately a program this controversial isn't for everyone. If you think seeing what it takes to survive in prison is overkill, that it's "too lethal" or "too violent"; if you're uncomfortable using a knife or dealing with how people try to kill you; if you think this program's about some predetermined movements or that you're gonna see lots of cool setup techniques -- you can stop reading here.

This stuff WILL set your hair on edge... but realize a criminal on the street (or locked up in the pen) already knows this... he lives it everyday. He doesn't need some video to learn from. That's why Larkin doesn't worry about this getting into the wrong hands. It's already there. You're the one who needs to see it. And now... for the very first time... you can.

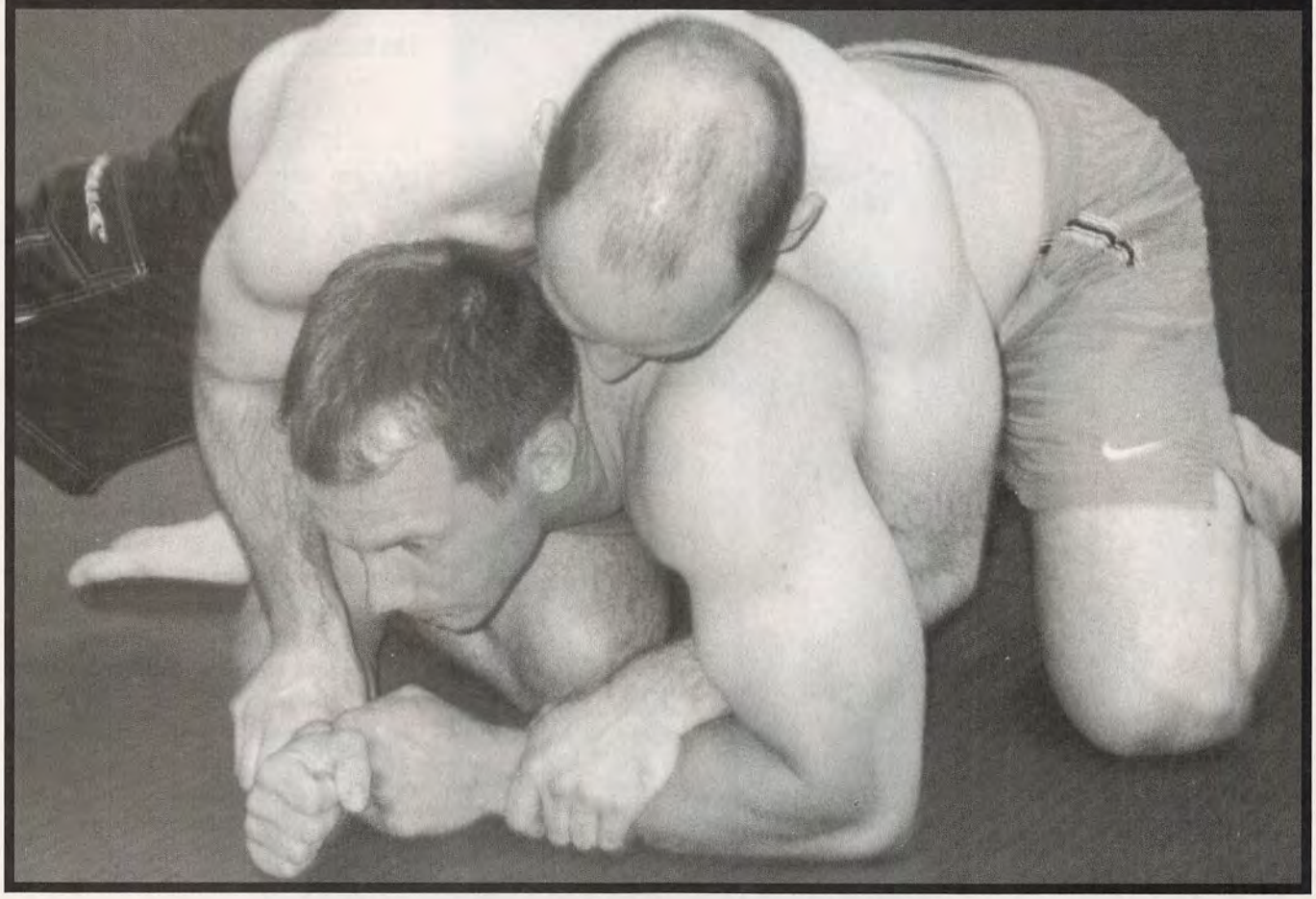
Listen. I understand you may find all this hard to believe. Before I saw these videos that's how I felt too. Unfortunately there's not room to adequately describe here the **shocking reality of what Larkin has created for you**. That's why he's not asking for a penny of your money now. Instead he'll spend his own cash to put a detailed Special Report into your hands that will prove everything you've just read and explain more about why this program is so TOTALLY DIFFERENT from anything you've every seen before.

All you need to do to get his **FREE** report is to pick up the phone and call **877-257-3946**. There's a short recorded message and then you can leave your name and address so the report can be mailed to you. Since it's voicemail you can call 24-hours a day, 7 days a week and no one will hassel you.

Don't fool around and miss this opportunity. It doesn't cost you a thing. So go on-line or call right now.

© 2003 Hurley and Withington - g

# Wrestling's Surprise Submissions



Who said the sport of wrestling - not the professional kind - doesn't have any submission moves? Well, most everyone I know. But they're dead wrong!

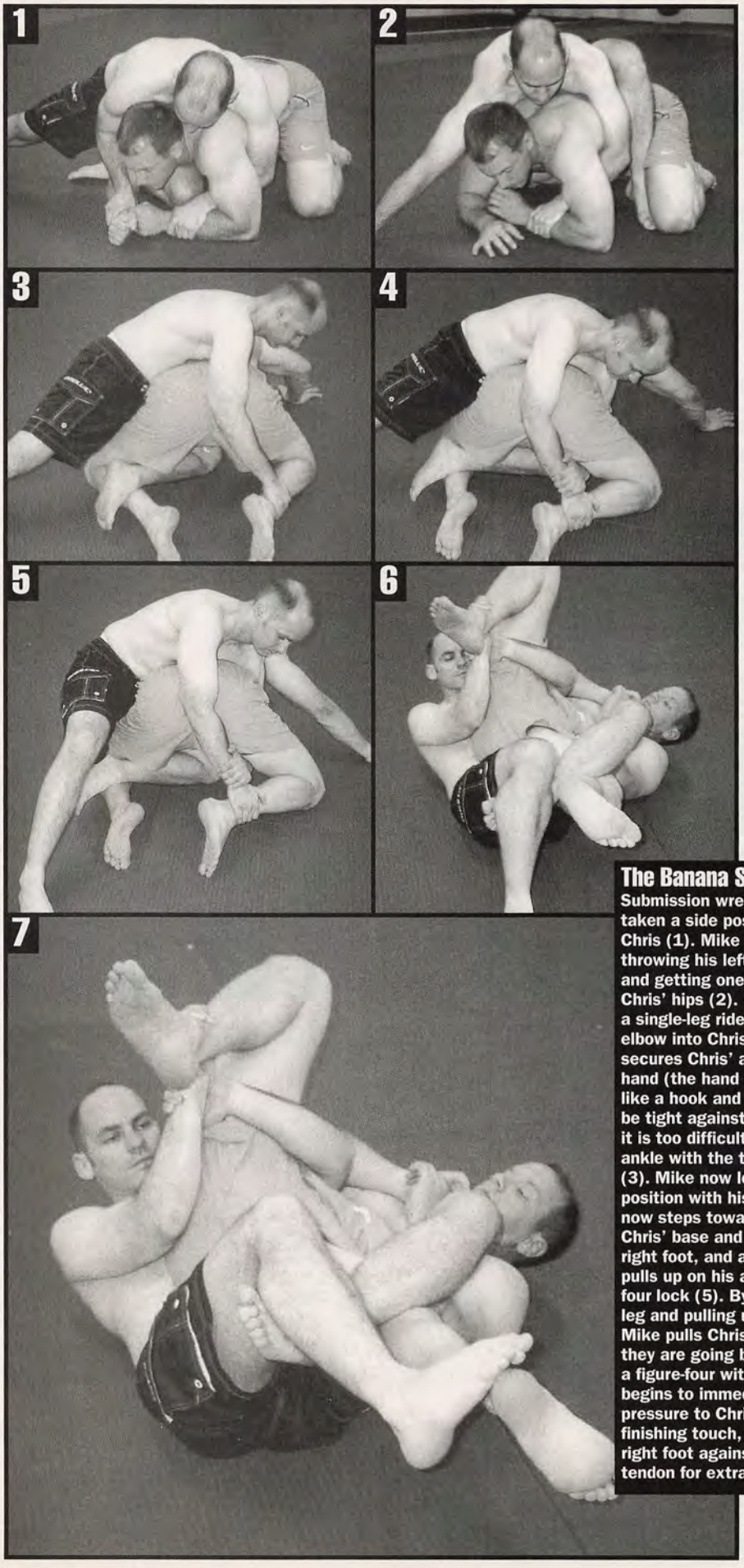
**Story and photos by Edward Lee Vincent**

IT IS TRUE THAT WRESTLING, AS A SPORT, technically, has no submission techniques. But, as a martial art, and wrestling has to be considered a martial art, does it really have moves to submit an opponent? Now some people - mainly wrestlers - could make the argument that wrestlers could force people to submit with superior ground positioning and that their opponent would have no option but to quit. This is definitely true, but we're talking about a particular technique that can force the opponent to tap out due to pressure on a joint or joint on his body. Namely and arm or leg lock and/or a choke.

Now submission moves in the sport of wrestling are strictly prohibited. We all know that wrestlers are trained for winning by outscoring and pinning their opponents. And the following moves in this article are technically "pinning" techniques. But the reason for the pin may be simply because of pressure applied to the right area of the opponent's body. There are moves in the sportive aspect of wrestling that are in the gray area. These gray area techniques offer the wrestler's opponent the proper motivation to "pin themselves." The moves do pin an opponent's shoulder to the mat, but they also place extreme stress on the joints, and that places them in the submission technique category.

## Cool Is Better

The two moves I'll describe are the guillotine and the banana split - also known as the spread eagle. You have to the love the names of these two moves! Although I'm personally in favor of changing the name of the guillotine to something more Amer-




**The Banana Split**
**Submission wrestler Mike has taken a side position on opponent Chris (1). Mike attacks Chris by throwing his left leg over his back and getting one of his hook inside Chris' hips (2). Mike then locks in a single-leg ride by placing his left elbow into Chris' armpit and also secures Chris' ankle with his right hand (the hand should be formed like a hook and the thumb should be tight against the fingers, since it is too difficult to hold onto the ankle with the thumb-around grip) (3). Mike now locks in a figure-four position with his hands (4). Mike now steps towards the back of Chris' base and pushes off his right foot, and at the same time pulls up on his ankle with a figure-four lock (5). By pushing off his leg and pulling up on Chris' ankle, Mike pulls Chris to his back. As they are going back, Mike locks in a figure-four with his legs. He then begins to immediately apply pressure to Chris' hips (6). For a finishing touch, Mike places his right foot against Chris' Achilles tendon for extra leverage (7).**

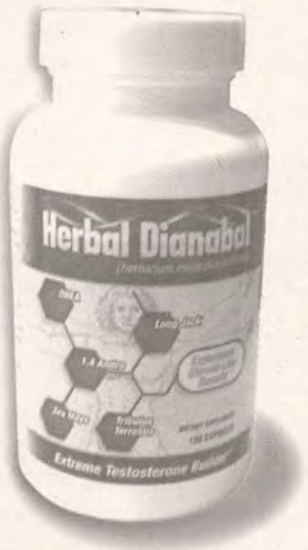
ican - like the rail splitter or perhaps even the freedom twister! Now I know that there are plenty of other lethal moves that wrestlers can use to force a submission from their opponent. But these moves are pretty cool looking and make for more spectacular finishes - and remember that it is always better to look fantastic than to feel fantastic.

### The Banana Split

This move begins when a wrestler has one of his legs, a single-leg hook, inside one of his opponent's legs. His upper body lies across the back of his opponent and his left elbow is in the armpit of his opponent. He is using his other hand to control the shin/ankle area of his opponent. This is called a single-leg ride. The rear knee drives up into the buttocks for added stability. Getting a single-leg ride may be easier than a double-leg ride. I may be stating the obvious, but the opponent may be turtled-up pretty snug and this may make it difficult to get the other leg inside. Plus, he may be defending himself pretty well against your other leg. Learning how to get a single-leg ride can be a very effective tool.

Once control is established, the wrestler can secure a reinforced lock or figure-four lock on the low ankle. He will ride the opponent and basically feel which way he should go to take over to his back. In the sport of wrestling, the man on top would try to forcefully pull his opponent onto his back for the pin. Since, in submission wrestling, we are primarily interested in the submission aspects of the move and not pinning our opponent, the submission wrestler can feel how the opponent is going to move. He can ride him out and surf the wave, so to speak.

When the opponent tries to maneuver out of this hold, by means of a somersault, the wrestler will go for a ride with his opponent, figure-four his legs and as they




# Herbal Dianabal can help you gain muscle, lose fat and accelerate recovery... making your time spent training much more effective

**What is Herbal Dianabal?** Herbal Dianabal contains a proprietary blend of five herbal ingredients (not available anywhere else in America), that can enhance your body's testosterone levels by as much as 237% or even more...resulting in potential steroid-like results.

**Why Testosterone is so Important?** Testosterone is the king of hormones for men. As reported in the New England Journal of Medicine, weight-training men that took testosterone supplements gained twice as much lean muscle as those who did not take testosterone. The study also found that men who took testosterone who were not training with weights gained more muscle than men who regularly trained with weights.

**Herbal Dianabal Benefits:** Naturally enhanced testosterone levels caused by the ingredients in Herbal Dianabal can lead to the following:

- **Increased muscle size**
- **Increased strength**
- **Increased physical stamina**
- **Effective anti-aging (look and feel younger)**
- **Increased sex drive**
- **Increased confidence**

**How much does Herbal Dianabal cost?**
A 30-day supply (120 capsules) costs $79.95 + $4.95 shipping and handling.

**How do I order?**
Order by Phone (800) 825-8918 or Order Online at www.HerbalDianabal.com

**Send Check or Money Order to:**
Beneficial Nutraceuticals
3601 Minnesota Drive, Suite 800, Minneapolis, MN 55435

## Listen to what top Martial Artists are saying about Herbal Dianabal

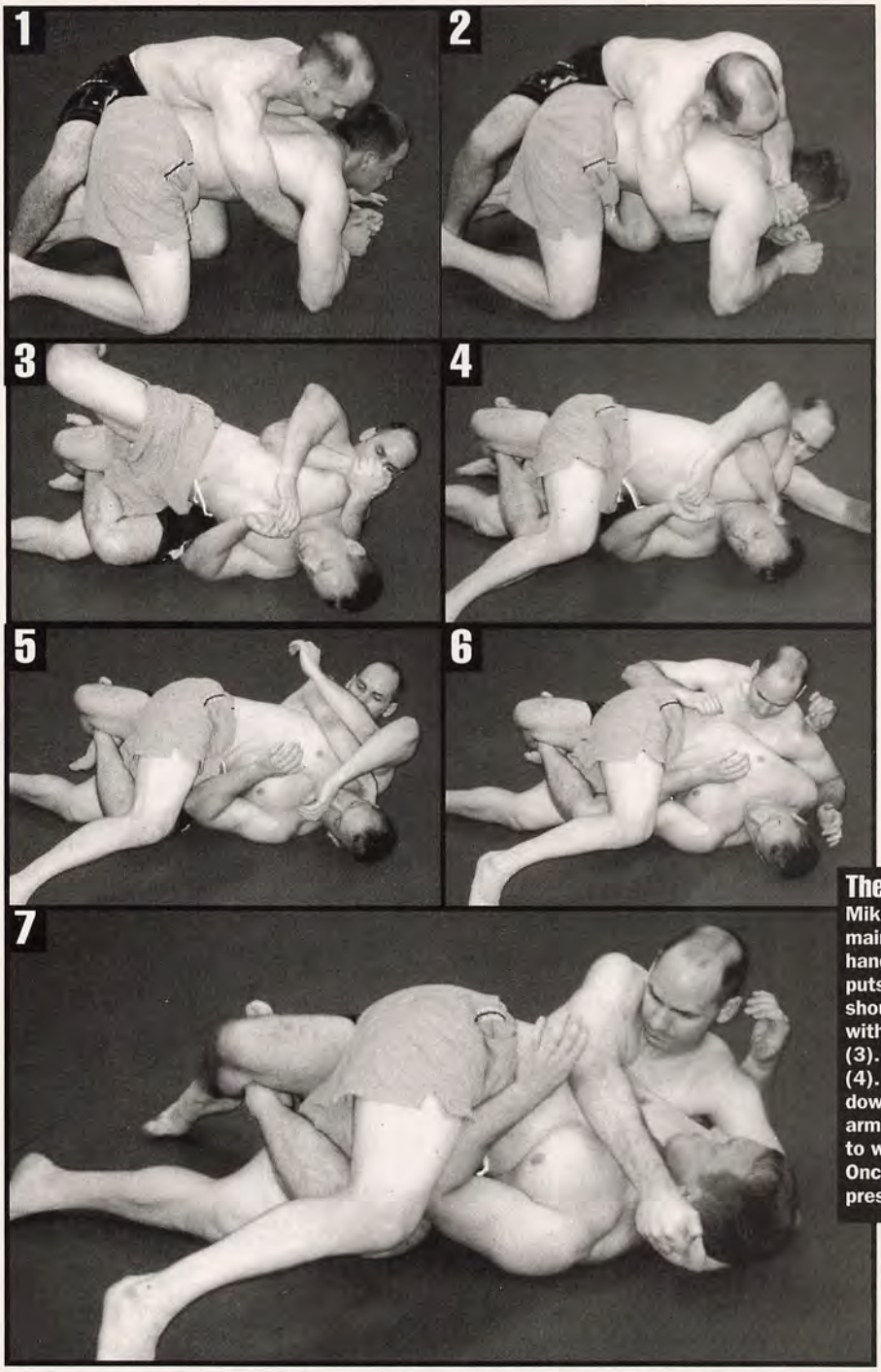
*"Herbal Dianabal helped me maintain my muscle mass and increase my strength as I cut my bodyweight to compete in the 185 weight class. I would recommend Herbal Dianabal to any athlete that wants to get stronger and retain more muscle".*

**Jeremy Horn**
**UCC Champion**
**NHB Fighting Champion"**

---

*"Herbal Dianabal has help me get stronger and recover from my workouts more effectively. It also gives me the confidence to compete against other fighters that I know are using illegal steroids."*

**Justin Ellison**
**2nd Degree Blackbelt Jiu Jitsu**
**NHB Fighter and Extreme Fighting Champion**




**The Guillotine**
**Mike enters into single-leg ride on Chris. He maintains a two-on-one grip, with his right and left hands securing Chris' right arm (1). Mike now puts in a power-half on the back of Chris' neck and shoulder (2). As Mike pulls Chris over to his back with the power-half, he figure-fours his leg tightly (3). Mike then sticks a single-half into Chris' neck (4). Mike now uses his left elbow and inserts it downward into Chris' arm (5). Mike forces Chris' arm down to the mat with his left arm and begins to wrap it around the back of Chris' neck (6). Once around, Mike locks up his hand and applies pressure for the tap out (7).**

end up with their backs to the mat, the submission wrestler will begin to arch his back and pull-up hard. This will place a tremendous amount of pressure on the groin and hip area of the opponent. The figure-four lock is applied through the legs and connects with the low ankle as seen in the photos - this added movement from the foot is the icing on the cake. It adds a little more stretching action and completes the pressure needed to force a submission. When applying this move, it should feel somewhat like you're executing a deadlift. You should arch your back hard, squeezing the glutes, and pull with the arms. This does not feel the greatest to the opponent, and may help him with the achievement of performing a 180 degree split - a little sooner than he might have wanted! Even if your opponent can, in fact, do the splits, it will not matter. Flexibility would be as useless in countering the effects of this move as it would be in countering being drawn and quartered. Don't forget to make a wish!

## The Guillotine

The second move, which is another highly effective submission technique, is called the guillotine. The guillotine begins with the submission wrestler in the same starting position as described previously - a single-leg ride. Only this time he applies a power-half - a palm-to-palm grip on his opponent's shoulder. The submission wrestler pulls his opponent over onto his back with the power half. Again, the submission wrestler can ride his opponent if he chooses to try to somersault out of the move. Once they hit the mat, the submission wrestler applies a short-half on his opponent's neck.

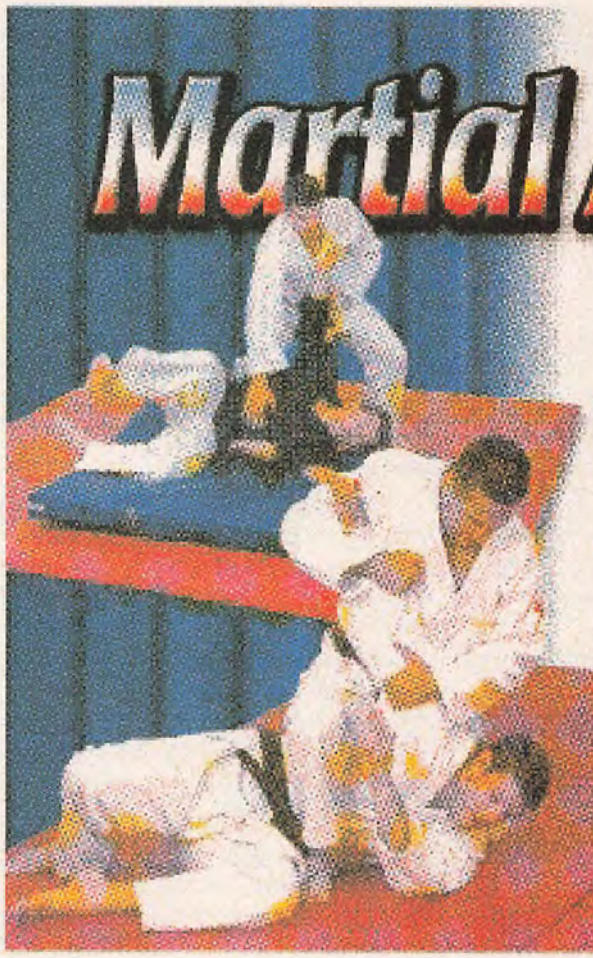
The submission wrestler then slides his elbow in and around his opponent's shoulder, and then around the head. This palms of the submission wrestler are locked together around the opponent's head. Also at this point, the submission wrestler has his legs in a tight figure-four alignment around the hips of the opponent. Here again comes the deadlift analogy - pull and stretch hard and you will get the tap quicker than the banana split. The pain felt from this move has to be experienced to be believed.

## The Conclusion

Well, there you have it! The banana split and the guillotine are great techniques to add to your arsenal. Two techniques from the sport of wrestling that will force an opponent to tap out. Who knew? It's great to have a few other tricks up your sleeve from the back position other than the naked rear choke. Variety keeps your opponents on their toes and keeps your training fresh. Find a good wrestler out there who is familiar with these moves to help out. Good luck and good training! Grappling

*Edward Lee Vincent is a black belt in jiu-jitsu under Walt Bayless and a regular contributor to Grappling. He lives and practices jiu-jitsu in Pittsburgh, PA.*

# Martial Arts MATS



**Premium Takedown Mats**

The Series 100 mat is the ultimate protection for throws, takedowns and grappling. Our **exclusive** "two layer" polyethylene foam system provides over 2" of maximum shock absorbing protection.

| Series 100 | |
|---|---|
| 4' x 8' | $199.00 |
| 5' x 10' | $294.00 |
| 6' x 12' | $452.00 |

**Deluxe Martial Arts Mats**

The Series 200 mat is 2" thick of firm cross linked polyethylene foam and is made for throws and takedowns.

| Series 200 | |
|---|---|
| 4' x 8' | $163.00 |
| 5' x 10' | $244.00 |
| 6' x 12' | $333.00 |

**Traditional Martial Arts Mats**

The Series 400 mat is 1-1/4" thick of cross linked polyethylene foam and provides excellent protection at an affordable price.

| Series 400 | |
|---|---|
| 4' x 8' | $141.00 |
| 5' x 10' | $221.00 |
| 6' x 12' | $295.00 |

Prices do not include shipping and handling.

phone 800.338.6287
fax 800.949.3595
email info@americanmats.com
www.mats.com

# THUNDER
FIGHT GEAR

WWW.THUNDERFIGHTGEAR.COM 1-800-260-3194

BOXING - KICKBOXING - MUAY THAI - GRAPPLING - MIXED MARTIAL ARTS

Cardio Gloves

Leather Gloves

Grappling Gloves with Thumb

Grappling Gloves with no Thumb

Mexican Hand Wraps

Boxing Head Gear

Muay Thai Head Gear

Shin Guards

Thai Pads

Muay Thai Shorts

**For all of our great products please visit www.thunderfightgear.com or call 1-800-260-3194 to...**

*Strike like lightning, hit with thunder!!!*

PayPal® HONORS VISA MasterCard DISCOVER AMERICAN EXPRESS

NEW FROM UNIQUE PUBLICATIONS!

EXTREME JIU-JITSU

WITH

LEO VIEIRA

Leo Vieira is considered by many to be the most innovative fighter in the world. Now, Leo reveals the unique and dazzling techniques which have made him one of the youngest champions in history. Material not available anywhere else in the world!

(NOTE: DVD contains both Portuguese and English soundtracks.)

**Volume 1: Extreme Guard Passes**
Leo teaches his unusual but devastating strategies for passing the guard.
#XJJ01 • $29.95 • 57 Min.

**Volume 2: Extreme Sweeps and Reversals**
Leo teaches the fine art of getting a good man down. Learn his exclusive series of sweeps and reversals!
# XJJ02 • $29.95 • 59 min.

**Volume 3: Extreme Mounts and Taking the Back**
The back is Leo's favorite position, followed by the mount. In this volume, he shows how to take maximum advantage of both.
#XJJ03 • $29.95 • 57 min.

1-800-332-3330

UNIQUE PUBLICATIONS
4201 Vanowen Place, Burbank, CA 91505
www.cfwenterprises.com

## LETTY RIBEIRO

*Continued from page 53*

trained with the two individuals that I have always wanted to study with - Leka Vieira and Royler Gracie. I truly admire both of them not only as jiu-jitsu champions but as human beings, too. Their titles, their characters and their teaching ability speak for themselves.

**Q: What does jiu-jitsu mean to you?**

A: I can truly say that the art of jiu-jitsu is a very important part in my life. My whole life revolves around it. My main motivation are the titles I have won and the competitions I enter. The more I train, the luckier I get and the more titles I win. You need to have a goal in mind, and at this point in my life competition is what drives me to train harder.

**Q: How do you prepare for competition?**

A: I keep myself focused on the competition by not letting things get into my mind that take my attention away from what is important. I study the top competitors and develop a plan and strategy to deal with them. I try to rest a lot so my body is ready when the right time comes.

**Q: What are your most important jiu-jitsu memories?**

A: The most fond memories I have are the day I got my black belt and the first time I won the world championship. These two memories are with me all the time. If I never did anything else in my life I would always have them.

**Q: What advice would you give to someone interested in training jiu-jitsu?**

A: My advice is to find the right teacher. There are many people teaching jiu-jitsu these days, but not all of them are right for you. First, analyze why you are planning to start doing jiu-jitsu. If it is for self-defense, then find a school where the teacher focuses on the self-defense aspects instead of emphasizing the sport and competitive side. If you are young and want to compete, then find a teacher who has a good reputation as a trainer of champions, and also a good team that can bring out the best in you. Time is important and you don't want to join a school that is not right for you and then realize it three years later! Any practitioner who wants to excel in BJJ will need to focus on what they really want. It doesn't matter if you are a gifted athlete or not. The bottom line is that if you don't give your best everyday, you won't reach any goals you have set. All you plans will be useless if you don't have a good instructor who can lead you in the right direction and get the best out of you.

**Q: What do you think of self-defense training for women?**

A: Honestly, I don't think it is possible to give someone a crash course in self-defense and expect them to defend themselves against any person who might come along - especially a male attacker. I think it is most important for women to know how to avoid presenting themselves as a target. In an assault situation, the best tactic is to try to run away or if you can't, then try to relax and try to talk your way out of it. But this is extremely difficult to do when a much stronger person is attacking you. Realistically, self-defense fighting techniques for women should be the last resort, not the first option.

**Q: What is the future of jiu-jitsu?**

A: I think that sport jiu-jitsu is spreading around the world more quickly than any other martial art in the last 20 years. Because of this, I truly think that a professional league should be created in order to allow competitors to make some money. You have to realize that the prize money just helps the fighters to support their training. It is important that athletes have important monetary prizes so they can really dedicate themselves to training and not have to work at other jobs for ten hours a day. Of course, many people have this goal in anything they do. As a jiu-jitsu fighter, I hope this changes for us because we train like professionals but we don't get paid like professionals. Something needs to be done at the promotion level to attract more fans to jiu-jitsu sporting events.

**Q: What are your plans for the future?**

A: I'd like to be more active teaching women both in Brazil and America. I travel to the United States very often now and this allows me to grow as an individual and also improve my English. I would like to thank *Grappling* magazine - not just because you are doing this interview, but because you have been behind sport jiu-jitsu and submission wrestling from the very beginning and helped to open a lot of doors for a lot of athletes. And you did it with respect and with a product that is recognized all over the world. Congratulations for your excellent work and for being the advocate of the sport. Grappling

**First Time Ever:** How to fight multiple opponents on the ground with fast, proven techniques...

# "Multiple Opponent Ground Fighting"

What would you do if you fell or were knocked down, opened your eyes and found 3 or more vicious thugs punching and kicking your face? You are laying there flat on your back and only have seconds to react before these gang bangers stomp you into oblivion or into the intensive care unit....

Can you honestly answer "Yes, I have proven solid techniques that will save my life and get me out of this horrible situation."

Dear Friend,

I want to tell you straight out that fighting on the street is a different world than training in the dojo, dojang, gym or academy. Probably the only reason you are reading this now is that you are curious on how you would handle yourself facing **multiple opponents on the ground**.

A little about me and why you need to read this open letter. I am like many of you and have been training like a maniac in the martial arts for over 20 years. Most of my good friends are also high-level black belts in various martial arts. We all came to the realization that if we were attacked by multiple opponents, and were forced to the ground, we were dead. Now the people I am talking about were serious martial artist who had trained all of their life,...**but had no**....and I mean no techniques for fighting and surviving a multiple opponent attack on the ground.

**Lets do a little test....**

Has your sensei, instructor, sifu, or teacher ever shown you multiple opponent ground fighting techniques?

I can say with certainty that **99% +** of the instructors have never shown multiple opponent ground fighting because until now there where no proven techniques for multiple opponent ground fighting. Also, if your instructor or Sensei says you should not be fighting off the ground understand he is 100% correct but if you look **at Real Street fights** in the real world you see people getting mauled and killed on the ground.

**Here is test #2.**

You are in a crowded bar, room or event. You are confronted by 2, 3, 4 or more thugs who are out to do you violence. Do you honestly think that there is not the smallest chance that you may fall, be tripped or knocked down and have to fight off the ground?

Well for the first time ever offered in any martial arts magazine we will show you proven, reliable multiple opponent fighting techniques. I say that again....**FIRST TIME EVER**. Go through all of your martial arts magazines and see if in any add you see Multiple Opponent Ground Fighting Techniques? I can guarantee you won't. No one else has shown or taught these techniques until now. So what will you learn?

**Tape 1:**

- How to fight when you have been knocked down or slip in a bar and people are kicking and punching you on the ground
- How to fight when you are pinned against a wall or bar or object on the ground
- How to handle 2 on 1 ground fights
- How to handle 3 on 1 ground fights
- How to handle 4 or more on top of you in a fight
- How to escape the Dog Pile...where multiple attackers pile on and try to hold you down.
- How to defeat the stomp. You are being held down by an attacker while his friend stomps you.
- How to defeat kicks to the ribs and face. You are on your knees while attackers kick and pummel your ribs, back and face.

**Tape 2:**

- How to correctly fight off your back if you have been knocked down. (and no it does not involve the guard)
- How to use the multiple attackers own bodies for balance and to get up and back into the fight
- How to survive the "middle ground." The worst part about fighting multiple attackers is just as you are about to get up and escape they drag you down. We show you how to escape this difficult position.
- How to chop multiple attackers down to size
- How to use your hips, knees, elbows to strike while not losing balance. (hard with people on top of you)
- How to rip their faces off on the way up from the ground. (Payback is a bitch)

**Tape 3:**

- How to fight from your knees
- How to fight correctly from a crouched position
- 5 Techniques that turn you into a bowling ball and your opponents the pins. (strike)
- Key ways to take your opponents down as you blast up off the ground.
- Rolls, sweeps and reversals that put you on top and the multiple opponents on the bottom.
- How to use your opponent's own bodies to shield you from their punches
- Lighting fast ways to get off the ground before they can attack and pound.
- How to protect yourself from eye gouges, slams, and other attacks

**Special Limited Offer With Two Free Gifts** multiple Opponent Ground Fighting is a three-volume set of videos that is packed with information and techniques **never before (and I mean never) shown or taught.** That is a big claim and we are ready to back it up. Some of the big martial arts companies would charge $197.00, $297.00 or $500 or more. Now for a limited time you can get these Multiple Opponent Ground Fighting Videos for the low price of $99.00 plus $6 S & H. But there is more: The first 30 people to order will receive two free gifts.

**Free Gift Number One**: Dirty Submission Fighting Volume 1. Noticed I said submission fighting not grappling, jiujutsu or wrestling. This is where the blood and leather hit the mat. Learn how to take your grappling or bjj and make it street ready.

**Free Gift Number Two**: Developing the Combat Mind. Noted sports psychologist Dr. Gary Calhoun who has trained 100's of Olympic class athletes and fighters gives us solid techniques to develop the mind of a winner.

Don't delay and miss these three FREE gifts. Take advantage of this special offer. Call **(727) 409-7942** to place your order right now. Or send by FAX to **(727) 328-2691**. Visa, MasterCard accepted. We always ship the same day we get your order.

You can also send a money order for $105.00 to:

**Infoplus,Inc.**
**5340 Central Avenue,**
**St. Petersburg, Fl 33707**

You can also order online at:
**www.dirtyfighting.com**

# Learn from EMIN BOZTEPE

**Become a certified instructor for EBMAS in 18 months!**

Comprehensive education through highly motivated instructors in Wing Tzun, Escrima and Street-Defense. Continuing education in Psychology and Physiology.
Anyone can become a certified instructor and/or professional fighter in small or individual classes with experienced instructors and dedicated training.
Visit seminars with Sifu Emin Boztepe. With our open policy, martial artists from different styles are always welcome and are encouraged to participate!
EBMAS is taught in over 30 countries around the world.

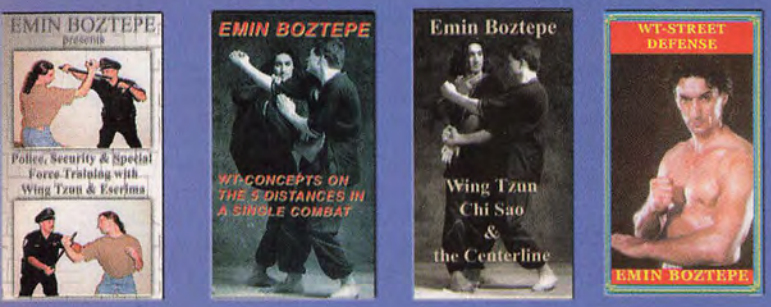
To locate a certified EBMAS school and for further information please visit

## www.ebmas.net

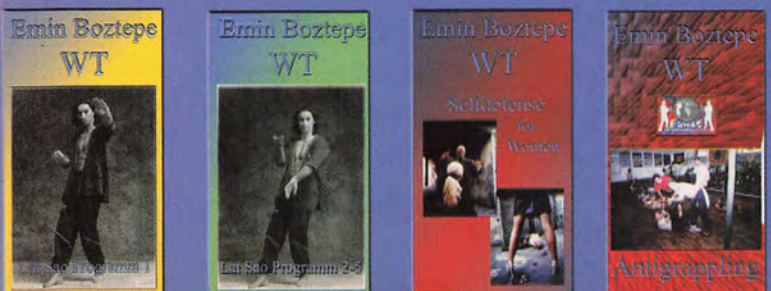
GREY HILLS SPORTSWEAR

presents

## EMIN BOZTEPE VIDEOS


EMIN BOZTEPE
presents
Police, Security & Special Force Training with Wing Tzun & Escrima
EMIN BOZTEPE
WT-CONCEPTS ON THE 5 DISTANCES IN A SINGLE COMBAT
Emin Boztepe
Wing Tzun Chi Sao & the Centerline
WT-STREET DEFENSE
EMIN BOZTEPE

**Only $ 65,- per video + S & H**




## Order from

**Office: EBMAS / AWTO Inc.**
**307 N.Doheny Drive, Beverly Hills, CA, 90211**
**phone: 310.273.7544 fax: 310.273.7517**

| Videos | pcs. | Price |
|---|---|---|
| Police, Security & Special Training | | |
| WT Street Defense | | |
| Selfdefense for Women | | |
| WT-Concepts on the 5 Distances | | |
| WT-Chi-Sao & the Centerline | | |
| Lat- Sao 1 | | |
| Lat-Sa 2-5 | | |
| WT Antigrappling | | |
| | | |
| | total: | |

☐ Check / money order

☐ Credit card

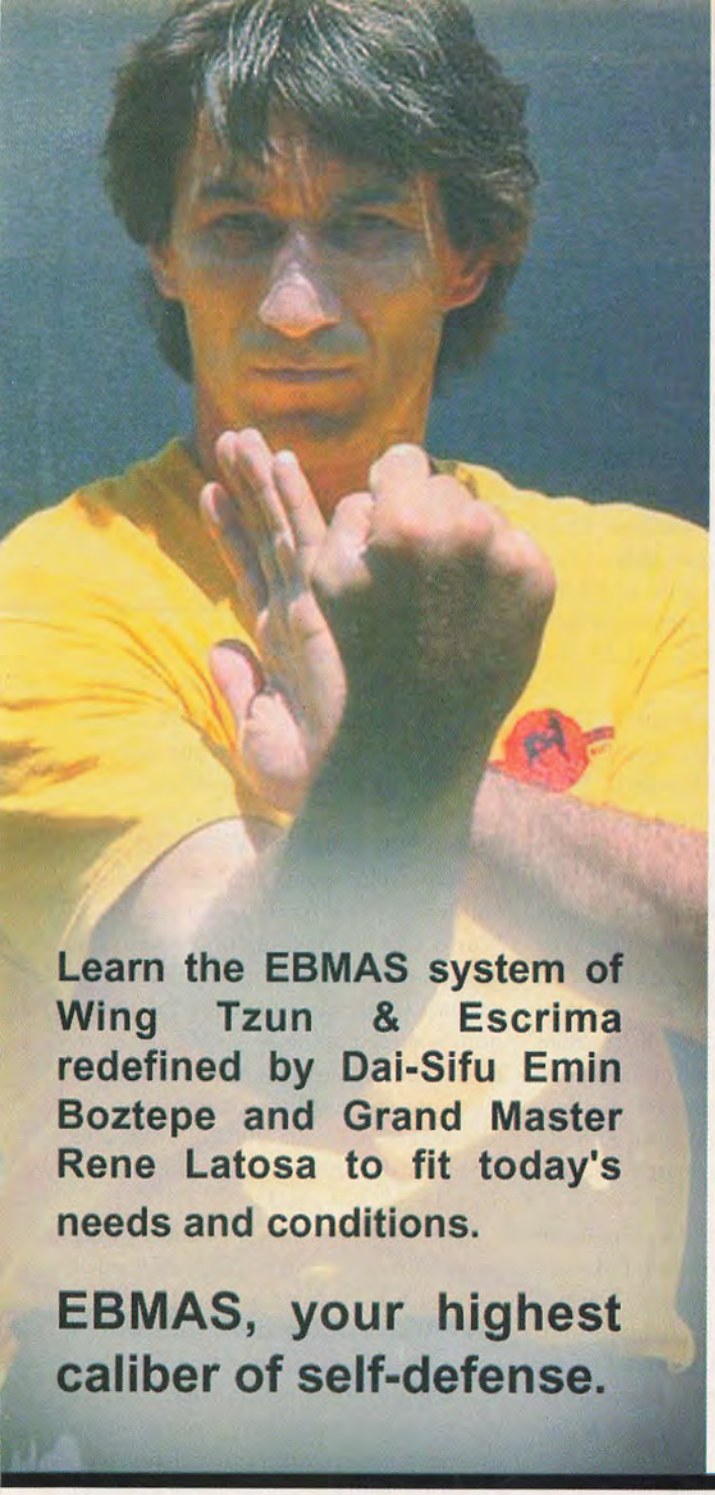
Name

Street

City / State / Zip

Phone

Designed by Stucky



Learn the EBMAS system of Wing Tzun & Escrima redefined by Dai-Sifu Emin Boztepe and Grand Master Rene Latosa to fit today's needs and conditions.

**EBMAS, your highest caliber of self-defense.**

EBMAS
EMIN BOZTEPE MARTIAL ARTS SYSTEM

- Argentina
- Canada
- Chile
- Denmark
- Germany
- Holland
- India
- Italy
- Iran
- Greece
- Great Britain
- Jamaica
- Mexico
- Peru
- Rumania
- Sweden
- Slovakia
- Czech Republic
- Turkey
- Hungary
- United States*
- Uruguay

# Schools Worldwide

*United States Locations: Alaska, Arizona, California, Colorado, Florida, Georgia, Idaho, Illinois, Kentucky, Maryland, Michigan, Minnesota, Montana, Nevada, New Jersey, New York, Tennessee, Texas, Utah, Washington

For more school details & exact locations of schools worlwide, please visit www.ebmas.net. New locations are always being added. Contact EBMAS for more information.

Classes are offered to men, women & children and are taught by instructors certified by Dai-Sifu Emin Boztepe.

GREY HILLS
SPORTSWEAR

EBMAS
EMIN BOZTEPE MARTIAL ARTS SYSTEM

**Grand Master Rene Latosa**
of the LATOSA ESCRIMA WEAPONS SYSTEM

To purchase books, videos, and martial arts supplies, please contact the Headquarters.

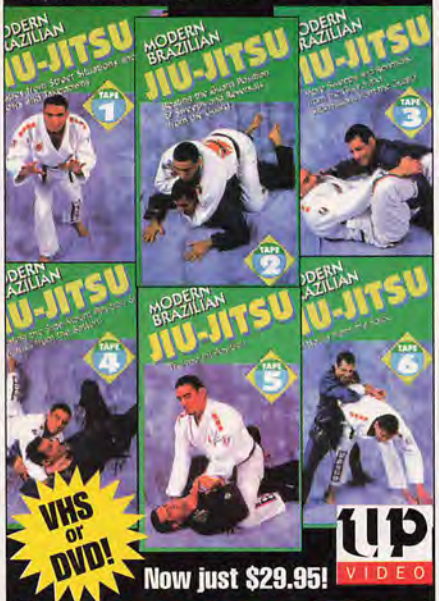
**www.ebmas.net**

Europe Headquarters
Postfach 101067
34010 Kassel
Germany
Tel: 0561-5743750
Fax: 0561-5743751

United States Headquarters
MAILING ADDRESS ONLY
Dai-Sifu Emin Boztepe
307 S. Doheny Drive
Beverly Hills, CA 90211
Tel: 310-273-7544
Fax: 310-273-7517

MODERN
BRAZILIAN JIU-JITSU
With Rodrigo "Comprido" Medeiros and special guest Romero "Jacare" Cavalcanti

*Since its revelation to the rest of the world in the 1980's Brazilian Jiu-Jitsu has taken the world by storm. Now, Rodrigo "Comprido" Medieros, two-time open Brazilian Jiu-Jitsu champion, with the gracious assistance of Romero "Jacare" Cavalcanti, head coach of the Alliance, bring you Brazilian Jiu-Jitsu in its ultimate state of evolution. Comprido, direct from his native Brazil, explains each technique in the Portuguese language, which is then translated into English by Jacare as each technique is shown from a variety of angles.*




VHS or DVD!
Now just $29.95!
up VIDEO

**VOLUME 1: ESCAPES FROM STREET SITUATIONS AND THROWS AND TAKEDOWNS** *Comprido and Jacare demonstrate today's version of Brazilian Jiu-Jitsu's counters to street attacks, as well as an array of throws and takedowns.*
*50 minutes (VHS)-BZJ01 • (DVD)-BZJJ01-D:* **$29.95**

**VOLUME 2: BEATING THE GUARD POSITION & SWEEPS AND REVERSALS FROM THE GUARD** *Comprido and Jacare reveal Modern Brazilian Jiu-Jitsu's techniques for breaking and passing the guard position, as well as sweeps and reversals from the guard.*
*51 minutes (VHS)-BZJJ02 • (DVD)-BZJJ02-D:* **$29.95**

**VOLUME 3: MORE SWEEPS AND REVERSALS FROM THE GUARD AND SUBMISSIONS FROM THE GUARD** *In this volume, Comprido and Jacare continue to reveal their arsenal of escapes from the guard position and add in the fine art of entering into a submission hold from the guard.*
*54 minutes (VHS)-BZJJ03 • (DVD)-BZJJ03-D:* **$29.95**

**VOLUME 4: BEATING THE SIDE MOUNT POSITION & ESCAPES FROM THE BOTTOM** *Comprido and Jacare teach the viewer how to defeat one of the most common and menacing holds – the side mount position. They then progress into escapes when you're on the bottom, and one of the most compromising positions of all – the knee in the belly.*
*55 minutes (VHS)-BZJ04 • (DVD)-BZJJ04-D:* **$29.95**

**VOLUME 5: THE MOUNT POSITION** *Once considered the "you're history" hold, many counters have been developed for the famous mount position. Comprido and Jacare demonstrate the best counters for this devastating hold, as well as how to escape from this hold and apply submissions.*
*55 minutes (VHS)-BZJJ05 • (DVD)-BZJJ05-D:* **$29.95**

**VOLUME 6: ATTACKS FROM THE BACK** *One of the most dangerous situations a fighter can face is an attack from behind. Comprido and Jacare demonstrate how to attack your opponent from the back, and how to counter an attack from the back.*
*55 minutes (VHS)-BZJJ06 • (DVD)-BZJJ06-D:* **$29.95**

All orders add $4.50 for shipping. & handling
CA residents add 8.25% sales tax.

**TO ORDER CALL:**
**(800) 332-3330**
**www.cfw2.com**

## FREESTYLE WRESTLING

*Continued from page 46*

to-head final with the U.S. At 55 kg/121 lbs., Saori Yoshida, the defending World Champ and undefeated in international competition, decisioned American Tina George, 5-2. A 4-0 shutout win at 59 kg/130 lbs. by Seiko Yamamoto over Russia's Natalia Ivashko would give the 23-year-old Japanese her fourth World Championship in as many tries.

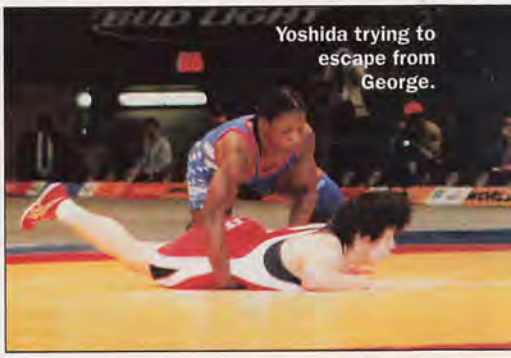
Now the next-to-last Japan-U.S. match was set, for the 63 kg/138.75 lbs. finals. Defending World Champion Kaori Icho, a 19-year-old whose older sister Chiharu had just struck gold at 51 kg, was facing the muscular American Sara McMann, seeking her first medal and title in her fourth try.

The younger Icho pulled ahead 3-1 in the second period, but McMann scored a point as they went out-of-bounds. With about 30 seconds remaining in regulation, McMann scored again to tie it at 3-3. As the match went into overtime, the Garden began rocking with loud chants of "U-S-A, U-S-A." Next Icho was called for passivity and placed down. But McMann could not turn her, and then held off a shot by Icho. With less than one minute left, Icho shot in again. McMann tried to fend her off, holding her leg, but this time to no avail. At 8:20, Icho scored, taking the match and the gold by a 4-3 score.

Next, at 67 kg/147.5 lbs., American Kristie Marano dominated Poland's Ewelina Pruszko with a 7-1 win. This was Marano's second World Championship and seventh World medal overall. Despite this amazing performance, it would be the one and only gold for the U.S. at this event.

Japan's Kyoko Hamaguchi was one of the many darlings of the large Japanese media contingent here. Wearing a red crewcut, she went for her fifth World Championship in the 72 kg/158.5 lbs. finals against American Toccara Montgomery. After a 1-1 first period, Hamaguchi went to work. Using a headlock, she scored with a go-behind takedown to go up 2-1. With about 15 seconds left in regulation, Montgomery was put down on a passivity call. Hamaguchi followed up with a gutwrench that earned her two points. That made it 4-1, and a win for Hamaguchi.

This gold medal performance also gave Japan its fifth gold medal of the event. While the U.S. and Japan teams both scored 62 points, Japan won the title because of their five gold medals to the one for the U.S. Japan has now won 11 world titles since the first of these women's championships was held in 1987.


Yoshida trying to escape from George.

With women's wrestling set to make its Olympic debut at the 2004 Athens Games, this rivalry between the Japanese and U.S. teams is sure to continue.

### A Milestone Event For Wrestling

The sell-out crowd at Madison Square Garden for the finals made the 2003 World Championships of Wrestling a milestone event and a triumph for international wrestling. Attendance for all sessions was reported to be 53,665, a record crowd for a non-Olympic international wrestling event. All this came after the postponement of the 2001 Worlds, also scheduled for the Garden, following the Sept. 11 terrorist attacks.

The results demonstrated the growing parity in men's freestyle. All seven medals were won by former Soviet Republics, with Russia taking three. But with a better draw in FILA's blind pool system, and slightly better performances, any of the top teams could have won the team title. In contrast to this parity, Japan continues its well-deserved dynasty in women's wrestling, and is the favorite again going into the 2004 Olympics. The event also was a 2004 Olympic qualifier, with the top ten men and top five women in each weight qualifying their countries.

This was the first time that a real wrestling world championship had been contested at Madison Square Garden since Jan. 30, 1920, back in the days when pro wrestling still had real contests. Then, Joe Stecher recaptured the heavyweight championship of the world by pinning Earl Caddock in two hours and five minutes of their rematch. A film of

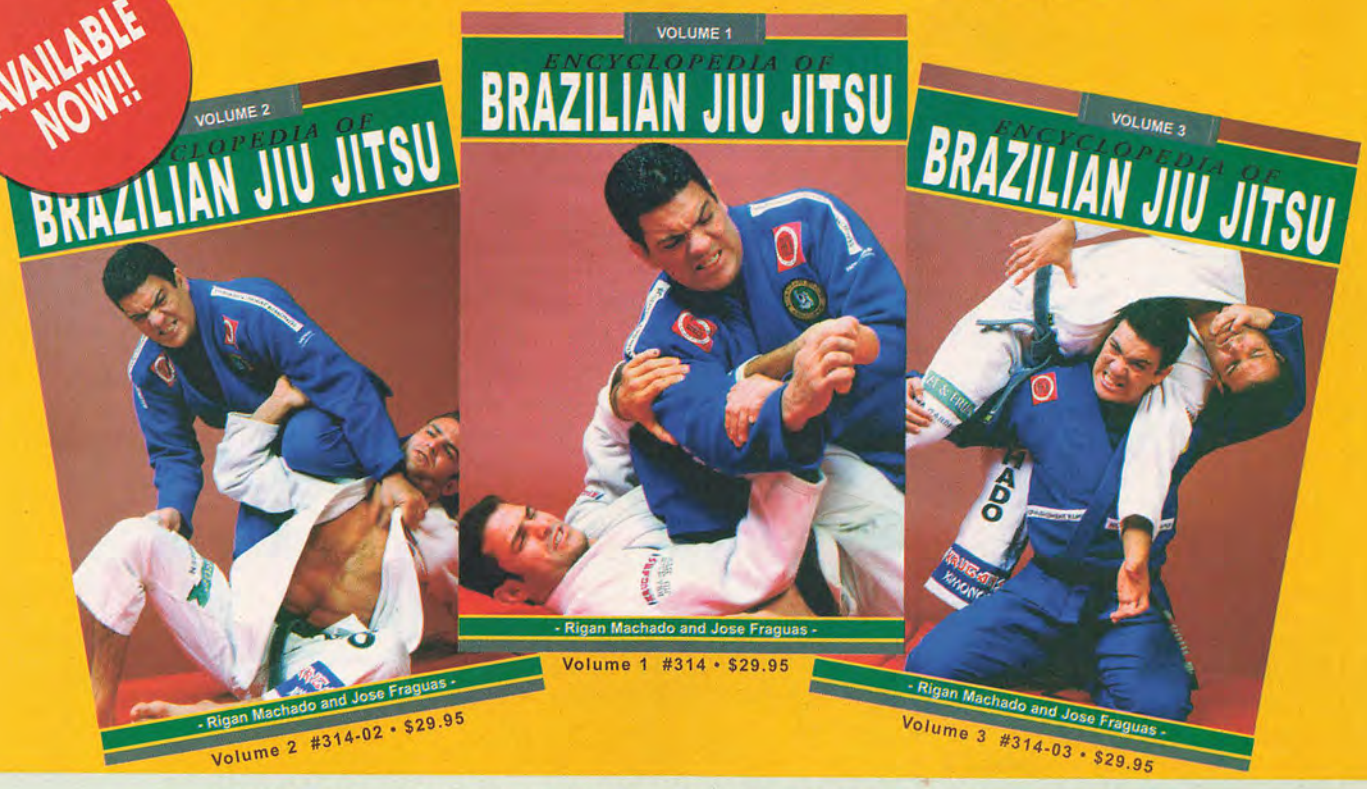
*Continued on page 88*

THREE 350-PAGE VOLUMES, EACH PACKED WITH MORE THAN 1,500 PICTURES!

# THE ENCYCLOPEDIA OF BRAZILIAN JIU JITSU

LEARN FROM RIGAN MACHADO!

AVAILABLE NOW!!




## IF YOU THOUGHT YOU KNEW EVERYTHING ABOUT BRAZILIAN JIU JITSU, THINK AGAIN!

The most comprehensive collection of devastating Brazilian jiu-jitsu techniques ever presented! Rigan Machado, one of the most respected instructors and competitors in the world, guides you step-by-step through the most advanced and sophisticated attacks, escapes, and defenses used by the top Brazilian fighters in UFC, Pride, KOTC, ADCC, and the BJJ World Championships.

In a clear and easy-to-follow format, each volume addresses different aspects of grappling. From the first page to the last, you'll get a very understandable breakdown of how to systematically progress and technically improve your game regardless of your present belt level or grappling ability – *perfect for beginners and experts alike!*

If you are serious about Brazilian Jiu Jitsu, submission wrestling, and grappling, you can't afford to miss *The Encyclopedia of Brazilian Jiu Jitsu* by Rigan Machado and Jose M. Fraguas.

## THE ENTIRE 3 VOLUME SET FOR ONLY U.S.$80 (plus S&H)!

**Each Volume US $29.95 if sold separately.** (CA residents please include 8.25% sales tax)

## To Order Call (800) 332-333 or visit www.cfw2.com

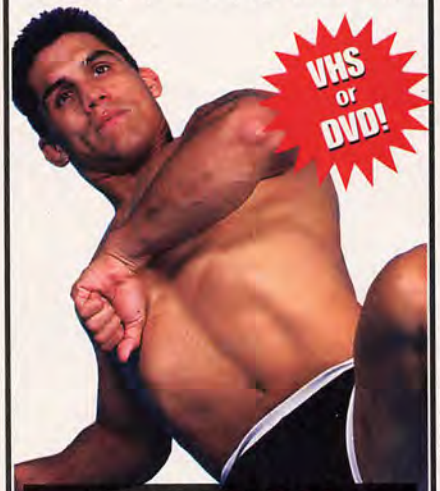
# Frank Shamrock's ULTIMATE TRAINING & FIGHTING SYSTEM

*The closing years of the last century saw the birth of a new martial art. With the advent of what came to be known as "mixed martial arts," practitioners the world over learned the value of training in more than one art, and what works and what doesn't. One name quickly emerged as the King of no-holds-barred fighting: Frank Shamrock. Now, Frank shares his incredible training and fighting secrets with the public in this exclusive video series!*

**VOLUME 1: THE ULTIMATE HOME WORKOUT**
*Frank's unique approach to fitness that can be utilized by virtually anyone. An amazing home workout which incorporates both exercise and training to improve your fighting skills into one awesome routine!*
*51 Minutes (VHS) - SHAM01 • (DVD) - SHAM01-D:* **$29.95**

**VOLUME 2: GROUND CONTROL**
*Everything you ever wanted to know about ground fighting! Learn Frank's favorite techniques for closing the gap, takedowns, takedown counters, how to reverse your opponent's strategy on him, and much, much more!*
*54 Minutes (VHS) - SHAM02 • (DVD) - SHAM02-D:* **$29.95**

**VOLUME 3: THE KEYS TO VICTORY**
*Learn Frank's favorite submissions, counters, and escapes as he shows you his incredible arsenal of finishing holds.*
*55 Minutes (VHS) - SHAM03 • (DVD) - SHAM03-D:* **$29.95**



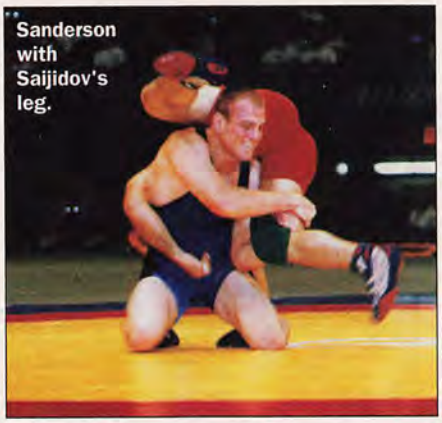

**TO ORDER CALL:**
**(800) 332-3330**
**www.cfw2.com**

**All Titles: $29.95***
*(Plus $5.00 shipping and handling on the first tape or DVD, $2.50 shipping and handling on each additional tape or DVD. Calif. residents please include 8.25% sales tax.

UP VIDEO


## FREESTYLE WRESTLING

*Continued from page 86*


Sanderson with Saijidov's leg.

this match is still available today, and is on display at the International Wrestling Institute and Museum in Newton, Iowa.

What has happened since then is not only the devolution of professional wrestling into charade. The professionalism that made the then-real pro wrestling one of the most popular sports in America and the world in the early part of the 20th century has long been lost and forgotten by most of those running international wrestling in the 21st century. One obvious example: FILA failed to organize post-match press conferences for the large numbers of the media who had come from so many countries. USA Wrestling and the Japanese Wrestling Federation did hold press conferences, but only during other finals matches.

FILA also fell down in the TV department. There was a live feed on Iranian TV, but just taped broadcasts on Canada's CBC, and one on ESPN2 a month later which drew minuscule ratings. A competent international federation would have had a live feed shown all over the world.

Despite this blundering by the media-phobic FILA, this event did represent a real step forward for international wrestling, especially in the U.S. It is now on the sports map in the U.S. and New York as an event that can draw large numbers of fans. As the lyrics to "New York, New York" go, "If you can make it here, you can make it anywhere." The task now is to build on that momentum, and restore wrestling, the world's oldest and greatest sport, to the lofty pedestal in the sports world which it so deserves. Grappling

*Eddie Goldman can be contacted at* wrestlingeditor@yahoo.com

## 2003 World Championships of Freestyle Wrestling

### Madison Square Garden, New York, NY

MEN'S FREESTYLE

**55 kg**
1-2: Dilshod Mansurov, Uzbekistan, dec. Ghenadie Tulbea, Moldova, 7-4
3-4: Oleksandr Zakharuk, Ukraine, dec. Mohammad Aslani, Iran, 5-2 in 6:22

**60 kg**
1-2: Abdullaev Arif Yadulla, Azerbaijan, dec. Yandro M. Quintana Ribalta, Cuba, 4-3
3-4: Jae Myung Song, Korea, dec Sushil Kumar, India, 3 -1

**66 kg**
1-2: Irbek Farniev, Russia, dec. Serafim Ivanov Barzakov, Bulgaria, 3-1 in 7:57
3-4: Ikematsu Kazuhiko, Japan, dec. Serguei Rondon Pedroso, Cuba, 6-5

**74 kg**
1-2: Bouvaisa Saitiev, Russia, dec. Murad Caidarov, Belarus, 2-2 in 9:00
3-4: Gennadiv Laliyev, Kazakhstan, dec. Hadi Habibi, Iran, 5-1

**84 kg**
1-2: Sajid Sajidov, Russia, dec. Cael Sanderson, USA, 4-3
3-4: Revaz Mindorashvili, Georgia, dec. Siarhei Borchanka, Belarus, 6-2

**96 kg**
1-2: Eldar Kurtanidze, Georgia, dec. Ali Reza Heidari, Iran, 4-0
3-4: Krassimir Simeonov Kotchev, Bulgaria, dec. Tuvshintur Enkhtuya, Mongolia, 5-1

**120 kg**
1-2: Artur Taymazov, Uzbekistan, dec. Kerry McCoy, USA, 4-1 in 6:12
3-4: Ali Reza Rezaei, Iran, dec. Serhii Priadun, Ukraine, 3-0

WOMEN'S FREESTYLE

**48 kg**
1-2: Irini Merleni, Ukraine, dec Patricia Miranda, USA, 5-4
3-4: Li Hui, China, pin Fani Psatha, Greece, 5:56

**51 kg**
1-2: Chiharu Icho, Japan, dec. Natalia Karamchakova, Russia, 3-0
3-4: Jenny Wong, USA, dec. Alena Kareisha, Belarus, 3-2 in 6:02

**55 kg**
1-2: Saori Yoshida, Japan, dec. Tina George, USA, 5-2
3-4: Natalia Golts, Russia, dec. Sun Dongmei, China, 4-0

**59 kg**
1-2: Seiko Yamamoto, Japan, dec. Natalia Ivashko, Russia, 4-0
3-4: Sally Roberts, USA, pin Marianna Sastin, Hungary, 5:36

**63 kg**
1-2: Kaori Icho, Japan, dec. Sara McMann, USA, 4-3 in 8:20
3-4: Viola Yanik, Canada, pin Lyudmila Golovchenko, Ukraine, 2:44

**67 kg**
1-2: Kristie Marano, USA, dec. Ewelina Pruszko, Poland, 7-1
3-4: Svetlana Martynenko, Russia, dec. Shannon Samler, Canada, 4-3 in 8:07

**72 kg**
1-2: Kyoko Hamaguchi, Japan, dec. Toccara Montgomery, USA, 4-1
3-4: Wang Xu, China, pin Stanka Zlateva Hristova, Bulgaria, 2:39

MEN'S TEAM TOTALS
1. Georgia, 33
2. USA, 31
3. Iran, 31
4. Russia, 30
5. Uzbekistan, 23
6. Ukraine, 23
7. Belarus, 21
7. Cuba, 21
9. Kazakhstan, 21
10. Bulgaria, 17

WOMEN'S TEAM TOTALS
1. Japan, 62
2. USA, 62
3. Russia, 45
4. China, 33
5. Ukraine, 27
6. Canada, 24
7. Poland, 19
8. Greece, 15
9. France, 14
10. Germany, 12

# GRAPPLING INSTRUCTIONAL DVDs

## Best Prices-Highest Quality DVD

# ULTIMATE IMPORTS

Every DVD we sell is real DVD-Video (not DVD-R) and will play on all DVD players world-wide.

Complete Set **$59.99**

Plus Shipping & Handling

## RENZO GRACIE DVD VIDEO

### 11 Volumes -3 DVD Set

**Watch the fights and learn the moves!**

This is it! The original Renzo Gracie series that changed Brazilian Jiu-Jitsu forever. Originally sold for $400, we have digitally re-mastered this series for DVD and it looks better then the original VHS version. This 11 volume series deals with Sport Jiu-Jitsu and No Holds Barred fighting. Renzo Gracie takes you through each technique with clear, concise explanation that made this series a favorite for many. Each DVD has a complete menu with chapter breaks for each technique.

**For a detailed description of all 11 volumes, visit: www.ultimateimports.com**

**Brazilian Jiu-Jitsu From A to Z**

Complete Set **$100.00**

Plus Shipping & Handling

## CRAIG KUKUK DVD VIDEO

### Comprehensive 13 DVD Instruction Set!

Most complete grappling instructional series ever produced – **13 full length DVDs and over 600 techniques.** In this series, every possible position is thoroughly covered with the main focus on no gi grappling (sport). Craig Kukuk takes you through the most detailed look at hundreds of submissions, passes, sweeps and strategies from every position in grappling. This is a technique, counter-to-counter masterpiece. Learn all variations and counters to almost every technique shown in the set. Each DVD has a complete menu with chapter breaks on each technique! This set originally sold for over $350 on VHS! Don't miss this special opportunity to own this massive DVD collection at a huge savings.

**For a detailed description of all 13 volumes, visit: www.ultimateimports.com**

Complete Set **$59.99**

Plus Shipping & Handling

## CESAR GRACIE DVD VIDEO

### 9 Volumes - 3 DVD Set

**Gracie Jiu-Jitsu**
**Vale-Tudo & Sport Jiu-Jitsu!**

Brazilian Jiu-Jitsu Black Belt, Cesar Gracie teaches the most effective Sport Jiu-Jitsu and Vale-Tudo techniques available on DVD! This high quality series contains 9 volumes of techniques ranging from basics to advanced, with and without the Gi! In this series, Cesar Gracie is joined by his top students, UFC fighter Gil Castillo and ADCC champion David Terrell. This is the largest instructional set ever produced by a Gracie! All 9 volumes are broken down into 3 exciting DVDs. Order the set today!

**For a detailed description of all 9 volumes, visit: www.ultimateimports.com**

**$29.99**

Plus Shipping & Handling

## Day of The ZEN Documentary MARIO SPERRY

"Day of the Zen" is the behind the scenes documentary that fans and student of Mixed Martial Arts have been waiting for! For the first time ever, cameras were allowed inside the gyms, workouts, training sessions and private life of Mario Sperry and the Brazilian Top Team. Filmed on location in Brazil, this full length film follows Sperry for one full day, through his amazing training regiment that has led him to become one of the most successful mixed martial arts fighters in history. See the whole team in action like Pride fighting champions Ricardo Arona, the Nogueira brothers and many more!

**To preview video clips visit www.ultimateimports.com** DVD VIDEO

Complete Set **$29.99**

Plus Shipping & Handling

**To preview video clips visit www.ultimateimports.com**

## DARRELL GOHLAR

### Takedowns For Mixed Martial Arts

This 2 DVD instructional set covers the very same strategies and takedowns as taught by Darrell Gholar to NHB legends Mario Sperry, Murilo Bustamante, Ricardo Arona, Vitor Belfort and Antonio Rodrigo Nogueira.

Filmed on location at the wrestling room of the Brazilian Top Team, the DVDs cover the important positions like the clinch, takedowns in the middle of the ring and takedowns against the ropes and cage. This is not a wrestling series, but an inside look at how to properly takedown an opponent in a true No-Holds-Barred match were you are dealing with punches, kicks and other elements that can hinder the grappler from taking down his opponent. Darrel's section on how to control the opponent without getting hit is amazing and highly valuable for NHB and street fighting.

DVD VIDEO **For the first time ever, learn the takedown secrets of Darrell Gholar and the Brazilian Top Team!**

Complete Set **$39.99**

Plus Shipping & Handling

DVD VIDEO

## FABIO GURGEL

### 4 Volumes, 2 - DVD Set

### Greatest Jiu-Jitsu Techniques

World Champion Fabio Gurgel holds nothing back in this amazing 4 volume DVD set. Teaching the newest and most advanced tournament techniques from Brazil, Fabio covers Sweeps, Passing the Guard, and the most advanced submissions you will ever see. Fabio teaches techniques that many of his world champion students are using in the Brazilian World Championships and other top tournaments. This DVD set is guaranteed to contain new moves you have not seen on other videos sets. Each Fabio Gurgel DVD has a complete menu with chapter breaks on each technique. This is a must have set!

**For a detailed description of all 4 volumes, visit: www.ultimateimports.com**

# BUY DIRECT ONLINE AT:

## www.ultimateimports.com

Visit our web site for more in-depth information on these great grappling DVDs.

**ORDER TOLL FREE**

## 1-800-899-5797

## ULTIMATE IMPORTS

PO BOX 78
Victor, NY 14564

DISCOVER NOVUS | VISA | MasterCard | AMERICAN EXPRESS CARDS

_____ Renzo Gracie DVD(s) @ $59.99 each

_____ Craig Kukuk DVD(s) @ $100.00 each

_____ Cesar Gracie DVD(s) @ $59.99 each

_____ Day of ZEN DVD(s) @ $29.99 each

_____ Darell Gohlar DVD(s) @ $29.99 each

_____ Fabio Gurgel DVD(s) @ $39.99 each

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

**www.ultimateimports.com**

**S & H for USA & Canada: under $99.00, please add $8.00. Orders $100 and over, please add $15.00. NY State residents add 7.25% sales tax. International orders - call for shipping.**

# BRAZILIAN JIU-JITSU

## TEAM LLOYD IRVIN IS IN A CITY NEAR YOU

**Lloyd Irvin the creator of**

# www.thegrapplingblueprint.com

has locations near you.

**ATTENTION!**

CAMP SPRINGS MD
CHESAPEAKE VA.
FREDERICK VA.
RICHMOND VA.
VIRGINIA BEACH VA.
WASHINGTON DC
HILTON HEAD SOUTH CAROLINA
PHILADELPHIA
WOODBRIDGE VA

## WANNA LEARN?

BRAZILIAN JIU-JITSU * MUAY THAI BOXING * SOMBO/JUDO * SUBMISSION WRESTLING

Have you ever wanted to learn one of these arts but Didn't know how to start or even if you'd like it? Well we've made it simple for you to decide if our program is for you.

I've made it very easy for you to find out if our Brazilian Jiu-Jitsu program is for you. For $19.95 you'll receive 1 private lesson with one of our highly trained instructors, participate in a regular class, receive a school shirt and a tour of our facility. This will give you a chance to visit our school, meet our staff and work with our instructors. This is your chance to interview us with NO OBLIGATION!

## FOR ONLY $19.95 YOU RECEIVE

- **FREE STUDENT CONFERENCE**
  Before or during the introductory program we will meet one on one to discuss your needs. We will educate you regarding the self-defense and fitness aspect of our program. Here we will answer all of your questions and give you tips on how to start the program.
- **1 PRIVATE LESSON ($100.00 value)**
  I'm offering you one private lesson. During this lesson you will be taught the basics of our program so that you will be able to participate in a regular class and we will have an opportunity to answer and all questions that you may have about our program.
- **1 BRAZILIAN JIU-JITSU CLASS ($25.00 value)**
  Come experience up close and personal our exciting program. Get in the mix and use your basic techniques you learned in your private lesson to get a great workout. Learn the techniques that make our system the most effective in the World. You'll meet other students of all levels, you'll have the time of your life and you can talk to other students about their experiences with our program.
- **A BRAZILIAN JIU-JITSU T-SHIRT ($20.00 value)**

We're giving you $145.00 worth of services and products for only $19.95 just to check us out. That's how confident we are in our program . Now you have to take action and see it for yourself.

To register for an introductory program do the following: Pick up the phone and call the school nearest you. They'll answer any additional questions that you may have and schedule a special time with our head instructor to work with you. You'll be glad you did. Thank you and we'll see you soon.

Sincerely,

*Lloyd Irvin Jr*
**Master Instructor**

Lloyd Irvin's Martial Arts
6333 Old Branch Ave #302
Camp Springs/Washington DC
301-449-5425
www.teamlloydirvin.com
Instructor: LLOYD IRVIN

Lloyd Irvin's Martial Arts VA
13000 Sport and Health Dr.
Woodbridge, Va. 22192
Phone: (301) 449-5425
www.teamlloydirvin.com
Instructor: LEO DALLA

BJJ United
6740 Bustleton Ave.
Philadelphia, PA
215-333-4660
www.bjjunited.com
Instructor: JARED WEINER

MOD Academy/MOD GYM
806 Glazebrook Ave
Richmond, VA
804-928-3463
www.grapplersguild.com
Instructor: DAVID WOMACK

The LAB Martial Arts
5061 Jeff Davis Highway
Fredericksburg Va
Phone: (540) 850-8561
Instructor: CHAD LEBRUN

Island Boxing
2 E Southwood PK
Hilton Head SC
843-384-4129
www.islandboxing.com
Instructor: MUSHIN CORBBREY

Hybrid Academy
5476 Virginia Beach Blvd
Virginia Beach VA.
757-490-6906
www.hybridacademy.com
Instructors: KEN PARHAM

American Gold Martial Arts
1402 Kempsville rd
Chesapeake Va
757-549-1900
Instructor: BRANDON VERA

MUAY THAI BOXING

SOMBO/JUDO

SUBMISSION WRESTLING

You can run, but you can't hide from "The Axe Murderer!"

will soon be a Pride USA show sometime this year. I'm really looking forward to fighting on that show and giving people there a chance to see what I can do.

**Q: Why do you think you lost to Tito Ortiz?**

A: I don't really know. I think that we had two different strategies - me to strike and him to get takedowns - and that whenever I got in close he would take me down and get on top. So he imposed his strategy on me. I'm a much better grappler now and I don't think that would happen again. But I dislike talking about the past. I prefer to focus on the future and what will come next. Maybe in the future Tito and I can fight again. My goal for the 2004 season is to unify the world light heavyweight title. Tito isn't the champion of the UFC right now, but maybe in the future he might be again. Anything can happen in the fight game.

**Q: How do you think you would do against Tito now?**

A: In the fight game you never know what the outcome will be. The only true test of two fighters is in the ring, and I prefer to

*Continued on page 92*

**Brazilian Jiu-Jitsu**
**Theory and Technique**
by Renzo and Royler Gracie

The best selling martial arts book in America from Invisible Cities Press! All the techniques to move from white belt to black belt. Hundreds of color photographs illustrating 110 offensive and defense moves and positions. Learn sweeps, locks, chokes, counters, takedowns, and escapes from Renzo and Royler themselves. Order today! $27.95 + S&H.

**www.mmamart.com**
619-223-5553

***"SHELDON MARR'S GRAPPLING SEMINAR"***

***NOW AVAILABLE ON VIDEO CASSETTE!!!***

***" TRAINER OF CHAMPIONS "***

***Sheldon Marr** is a former Judo and Wrestling Champion, and is the Chief Instructor for the Grappler's Edge™ Jujitsu Academy. He has been named **"The Instructor of the Year"** by Jujitsu America, the World Martial Arts Hall of Fame, the International Black Belt Hall of Fame, and the Martial Arts Masters, Pioneers & Lengends Hall of Fame. He is also a National Coach for Team USA Pankration for the **2004 Olympic Games** in Athens, Greece.*

*In this 2 tape series, Marr demonstrates some of the techniques his students have used to win National Championships in Judo, NCAA Championships in Wrestling, and five U.S. National Team Titles in Jujitsu. Both tapes are actual footage from a few of Marr's seminars from around the country.*

***LEARN FROM THE BEST!***

***TAPE I "TAKEDOWNS"** includes:*

- *Falls*
- *Takedowns*
- *Strikes/Locks*
- *Throws*
- *Counters*
- *Strategies*

***TAPE II "GROUND FIGHTING"** includes:*

- *Arm Bars*
- *Ankle Locks*
- *Transitions*
- *Chokes*
- *Knee Bars*
- *Strategies*

*** SPECIAL LIMITED OFFER ***
*For a limited time only, Each tape is priced at $39.95, or you can order both tapes for only $59.95!*

*Please make cashier's checks or money orders payable to:*
*Grappler's Edge, P.O. Box 370724*
*Denver, CO 80237*

*Please send ___ copies of Tape I, and ___ copies of Tape II. (add $3.00 S&H per tape). Total $ _____*

*Name:_____*

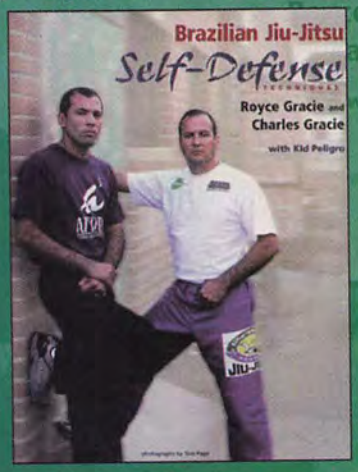
*Address _____*

*City:_____ State: ____ Zip:_____*

*Foreign Countries: Please submit International M.O. or Bank Draft, payable in U.S. funds. Refunds & Exchanges: Defective tapes will be exchanged for same title only. No refunds will be issued. Please allow 4-6 weeks for delivery.*

# Brazilian Jiu-Jitsu Self-Defense Techniques

by Royce and Charles Gracie




Beat the street! Learn to dominate any attacker! Defeat wrestlers, kickboxers, judo fighters, street brawlers and more where it really matters the most. Size, weight, and strength are no match for jiu-jitsu locks, chokes, and throws. Hundreds of full color, glossy, photographs. Easy to follow and learn. Order today! $27.95 + S&H.

**www.mmamart.com**

619-223-5553

Subscribe to North America's premier judo publication TODAY! Follow the National and International action like never before with spectacular photos, in depth stories, Athlete profiles and schedule of events. You will also be able to learn techniques from Olympic and World medalists in Real Judo's technical section. Read editorials from the top competitors, Coaches, and Referee's. Real Judo Magazine will keep you and your club plugged into the mainstream of the Judo world!

NAME (Please Print)

ADDRESS

CITY STATE ZIP

EMAIL ADDRESS

☐ 1 Yr - 4 Issues $20 ☐ 2 Yrs - 8 Issues $37 ☐ 3 Yrs - 12 Issues $50

Make checks payable to: **Real Judo** • 575 Swaggertown Rd. • Scotia • NY • 12302

Email • silver92@albany.net


## WANDERLEI SILVA

*Continued from page 91*

do my talking there with my hands and my feet.

**Q: What fighters do you admire?**

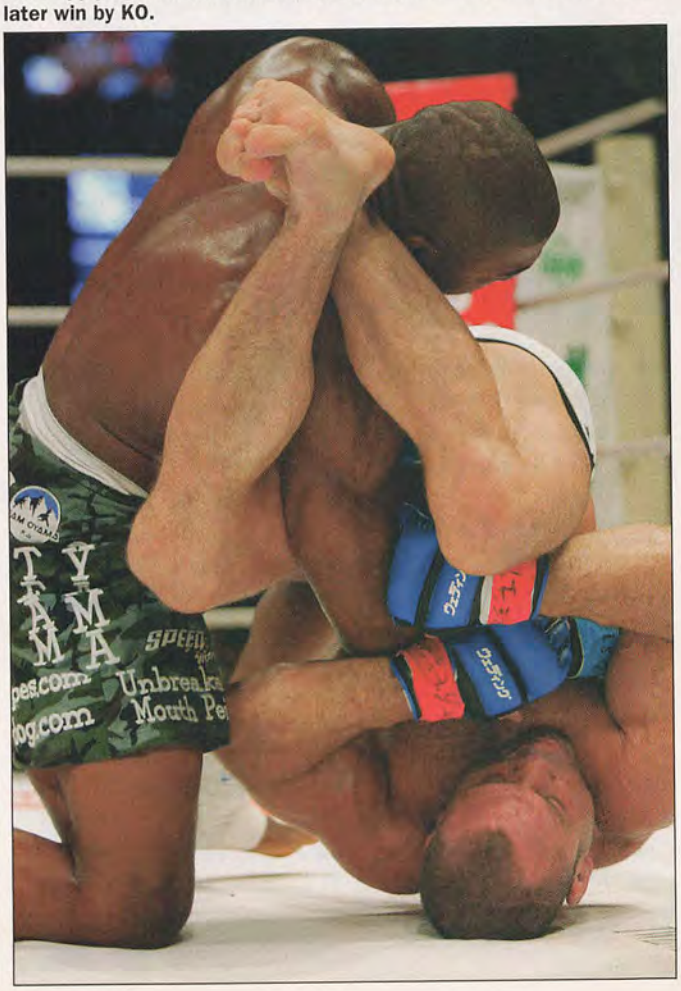
A: I'm a huge fan of George Foreman - his heart is beautiful and he is an example to all fighters. After losing to Ali he could have just disappeared permanently and never fought again. But he didn't let defeat conquer him and eventually came back against all the odds and won the world championship at an age that a lot of people are retired. A few months ago he came to Brazil and I saw some interviews with him. He is a simple guy who won everything in his life through hard work, dedication, and a belief in himself and in doing what he thought was right. He has a lot to teach young fighters and young people in general. He is a true inspiration.

**Q: Did you have any childhood heroes?**

A: My biggest hero is my father. He is responsible for teaching me how to be a man and is an example of good behavior and good character. I have always tried to emulate him and I still do.

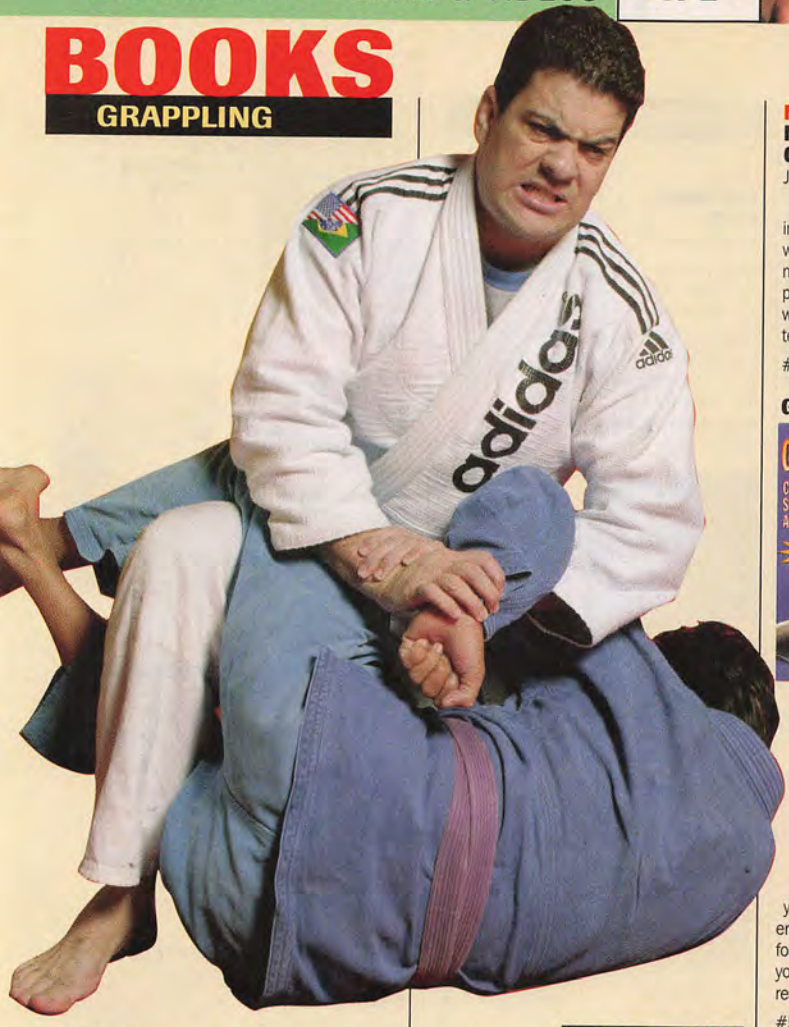
*Continued on page 97*

**Silva applying a bottom armbar against Quinton Jackson. Silva would later win by KO.**



# BOOKS

## GRAPPLING



**New!**
### MASTERS OF GRAPPLING
JOSE FRAGUAS

Interviews and insights from the world's leading masters of grappling. Packed with photos and techniques!

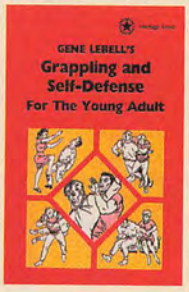
#153 • $19.95

### GRAPPLING MASTER
GENE LEBELL

Used as a textbook by many of today's champions, this is the ultimate sourcebook from the acknowledged master of the art.

#525 • $16.95

### GENE LEBELL'S GRAPPLING AND SELF-DEFENSE FOR YOUNG ADULTS
GENE LEBELL



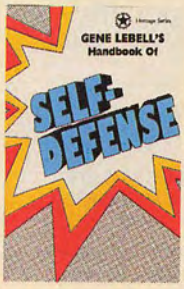

Learn to "bully proof" yourself and others! Gene's tips for taking care of yourself in the real world.

#591 • $12.95

### GENE LEBELL'S HANDBOOK OF JUDO
GENE LEBELL

Judo was one of the first martial arts introduced to the West, and this was one of the first practical texts. The original guide to winning in sport judo.

#590 • $12.95

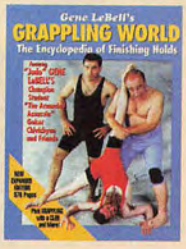



### GENE LEBELL'S HANDBOOK OF SELF-DEFENSE
GENE LEBELL

One of the first and still one of the best books on personal protection. Gene's personal blend of boxing, wrestling and martial arts.

#592 • $12.95

### GENE LEBELL'S GRAPPLING WORLD
GENE LEBELL




Years in the writing, this is a massive text on the art of finishing holds. Grips and handles, catches and grabs, foot and leg controls, ankle bends and twists, and much, much more.

#593 • $44.95

**New!**
### ESSENCE OF BRAZILIAN JIU-JITSU
RIGAN MACHADO

The definitive textbook of Brazilian Jiu-Jitsu, from one of the world's foremost instructors. A treasure trove of techniques – armlocks, leg locks, chokes, and more!

#313 • $19.95

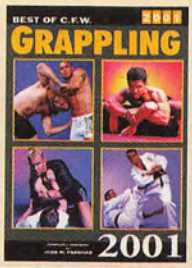



**New!**
### COMBAT JIU-JITSU
NORMAN LEFF

A former bouncer, with over 50 years of one-on-one combat experience reveals his arself of "fight stoppers."

#324 • $16.95

**New!**
### CFW BEST OF GRAPPLING







The top articles on the subject published by the world's leading publisher of martial arts magazines, books and videos.

#610 • Best of Grappling 2001 • $19.95

#611 • Best of Grappling 2002 • $19.95

4201 Vanowen Place, Burbank, CA 91505 • (800) 332-3330 • www.cfwenterprises.com
USA Orders by Phone: 1-800-332-3330 • FAX: 1-800-249-7761 / All Foreign Orders Call: 818-845-2656 • FAX: 818-845-7761

# BOOKS

## KOREAN ARTS

### THE COMLETE MARTIAL ARTIST, VOLS. 1-2
HEE IL CHO

Learn the skills necessary to develop yourself physically, mentally, and spiritually. Volume1 covers training while Volume 2 deals with fighting.

#5101 (Vol. 1) • $19.95
#5102 (Vol. 2) • $19.95

### THE COMLETE MASTER'S KICK
HEE IL CHO

An in-depth examination of 16 different ground kicks and an encyclopedia of stretching, practice, breathing, weight training and more!

#580 • $16.95

### THE COMPLETE MASTER'S JUMPING KICK
HEE IL CHO

A companion to the *Complete Master's Kick*, this volume covers 18 jumping kicks.

#581 • $16.95

### THE COMPLETE ONE & THREE STEP SPARRING
HEE IL CHO

Learn proper one and three step sparring from one of the most respected names in the field.

#582 • $16.95

### THE COMPLETE BLACK BELT HYUNG W.T.F.
HEE IL CHO

The only patterns recognized for the W.T.F. Olympic and U.S.T.U .competition.

#584 • $15.95

### THE COMPLETE TAE GEUK HYUNG W.T.F.
HEE IL CHO

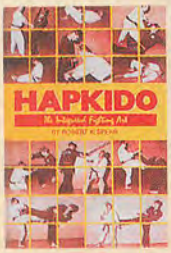
An additional volume featuring the only patterns recognized for Olympic and U.S.T.U. competition.

#583 • $15.95

### THE COMPLETE TAE KWON DO HYUNG
HEE IL CHO

A three-volume series of the original 20 recognized forms.

#530 (Vol. 1) • $13.95
#531 (Vol. 2) • $13.95
#532 (Vol. 3) • $13.95




### HAPKIDO: THE INTEGRATED FIGHTING ART
ROBERT K. SPEAR

The definitive work on the system considered by many to be Korea's most effective fighting art.

#360 • $14.95

### MAN OF CONTRASTS
HEE IL CHO

Step-by-step instructions of fighting techniques, counterattacks, bag and target training and more.

#508 • $16.95

### TAEKWONDO SPARRING STRATEGIES: FOR THE RING AND THE STREET
ADAM GIBSON

A compilation of taekwondo's training methods, techniques, and sparring strategies.

#356 • $16.95

### TANG SOO DO: THE ULTIMATE GUIDE TO THE KOREAN MARTIAL ART
GRANDMASTER KANG UK LEE

The only available manual to cover the 19 forms from white belt to fourth dan master black belt.

#585 • $16.95

## WEAPONS

**New!**
### THE NAKED EDGE
STEVE TARANI

The nation's No. 1 law enforcement edged weapons trainer shares with you the surprising answers to what it takes to survive an edged weapon attack.

#171 • $16.95

**New!**
### KARAMBIT – EXOTIC WEAPON OF SOUTHEAST ASIA
STEVE TARANI

The ancient techniques of the karambit masters revealed for the first time! Disarms, takedowns, immobilizations, throws, escapes and more!

#170 • $16.95

### ACTION KUBOTANG© KEYCHAIN – AN AID IN SELF-DEFENSE
TAKAYUKI KUBOTA

A basic guide to the history and use of the kubotan keychain self-defense tool, from the inventor.

#1100 • $7.95

### THE BALISONG MANUAL
JEFF IMADA

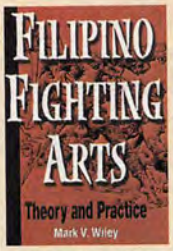
New flipping and manipulation techniques; self-defense and restraining methods; the balisong and the law, and much more!

#5192 • $12.95

### FIGHTING WEAPONS OF KOREAN MARTIAL ARTS
IN HYUK SUH AND JANE HALLANDER

In Hyuk Suh examines the favorite weapons of Korea and their history and applications.

#355 • $$9.95




### FILIPINO FIGHTING ARTS: THEORY AND PRACTICE
MARK V. WILEY

A structured comparison of 25 Filipino systems in terms of training, progressions and fighting concepts.

#345 • $19.95

### JAPANESE SWORD DRAWING: A SOURCEBOOK FOR IAIDO STUDENTS
DON ZIER

A complete guide to this esoteric aspect of sword fighting, written by a noted master. Describes the techniques and kata of Muso Shinden Ryu.

#114 • $19.95

### KENJUTSU: THE ART OF JAPANESE SWORDS-MANSHIP
CHARLES DANIEL

The definitive volume on this rare, classical martial art, including a chapter on Japan's greatest swordsmen.

#323 • $12.95

### NUNCHAKU: THE COMPLETE TRAINING GUIDE
JIRO SHIROMA

Traditionally used to pound grain, in the hands of a trained practitioner the nunchaku became a symbol of speed and power.

#121 • $12.95

### THE SECRET HISTORY OF THE SWORD
J. CHRISTOPH AMBERGER

The most complete treatise ever on the art of European edged weapons combat.

#150 •$19.95

### TRADITIONAL NINJA WEAPONS
CHARLES DANIEL

The "official" guide to the combat tools and forbidden secrets of Japan's ninja clans.

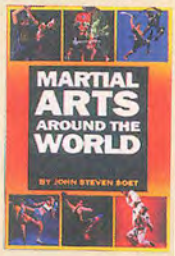
#108 • $9.50

4201 Vanowen Place, Burbank, CA 91505 • (800) 332-3330 • www.cfwenterprises.com
USA Orders by Phone: 1-800-332-3330 • FAX: 1-800-249-7761 / All Foreign Orders Call: 818-845-2656 • FAX: 818-845-7761

# UNIQUE PUBLICATIONS
MARTIAL ARTS BOOKS & VIDEOS

# BOOKS
## GENERAL INTEREST

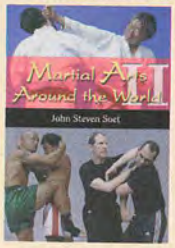
### MARTIAL ARTS AROUND THE WORLD
JOHN STEVEN SOET




Side-by-side techniques from the fighting styles of the U.S.A., Japan, Okinawa, Korea, the Philippines, Indonesia, Africa, China and Brazil.

#140 • $12.95

### New! MARTIAL ARTS AROUND THE WORLD II
JOHN STEVEN SOET




The martial arts of the 21st century. African, Brazilian, South American, Asian, and American, as well as kickboxing and no-holds-barred combat.

#141 • $16.95

### New! THE MASTERS SPEAK
JOSE FRAGUAS

Rare insights into the physical, mental, and spiritual methods that have enabled the legends to reach the pinnacle of their particular styles.

#150 • $19.95

### New! WITHIN ARM'S REACH: PERSONAL PROTECTION FOR A NEW MILLENNIUM
CLIFF STEWART

A personal protection specialist to the rich and famous with nearly 40 years of training, Cliff Stewart shares the most innovative fighting techniques known to mankind!

#465 • $16.95

### New! BKF KENPO: HISTORY AND ADVANCED STRATEGIC PRINCIPLES
GRANDMASTERS STEVE MUHAMMAD AND DONNIE WILLIAMS

The Black Karate Federation is a legend born out of karate's "golden age." Now, the founders have finally put their knowledge in print in this groundbreaking text.

#329 • $19.95

### New! THE BEST OF CFW

An ongoing series of anthologies, consisting of the best articles from the world's leading publisher of martial arts magazines, books and videos.

#601 • Best of CFW 2000 • $19.95
#602 • Best of CFW 2001 • $19.95
#603 • Best of CFW 2002 • $19.95

### New! COMBAT KICKING
ANDRE LIMA

Done properly, the kick is one of the most effective self-defense tools available. Develop phenomenal kicking skills!

#425 • $16.95

### New! CONFIDENCE: A CHILD'S FIRST WEAPON
LARRY TATUM

This solid book on all aspect's of children's self-defense, Larry Tatum covers physical conditioning, breathing, stances, blocks, strikes and strategies.

#268 • $16.95

### New! JACKIE CHAN: THE BEST OF INSIDE KUNG-FU
EDITED BY CURTIS F. WONG AND JOHN R. LITTLE

Packed with pictures, insights, interviews and articles from the archives of *Inside Kung-Fu* magazine. Get to know the real Jackie – the man behind the movie star.

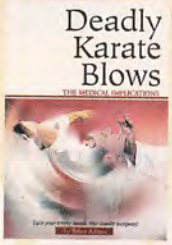
#599 • $12.95

### New! EFFECTIVE TECHNIQUES FOR UNARMED COMBAT
MIZHOU HUI

An overview of the training and fighting methods of various striking, kicking and grappling arts.

#130 • $14.95

### DEADLY KARATE BLOWS: THE MEDICAL IMPLICATIONS
BRIAN ADAMS




The most authoritative and respected book in print on the subject, completely revised and updated.

#312 • $10.95

### THE ART OF STRETCHING AND KICKING
JAMES LEW

James Lew's personal stretching and kicking techniques. Develop awesome flexibility and incredible kicking skills.

#206 • $7.95

### DYNAMIC STRENGTH
HARRY WONG

Comprehensive instructions on how to strengthen muscles, gain power and improve your body without weights!

#209 • $9.95

### BEYOND KICKING
JEAN FRENETTE

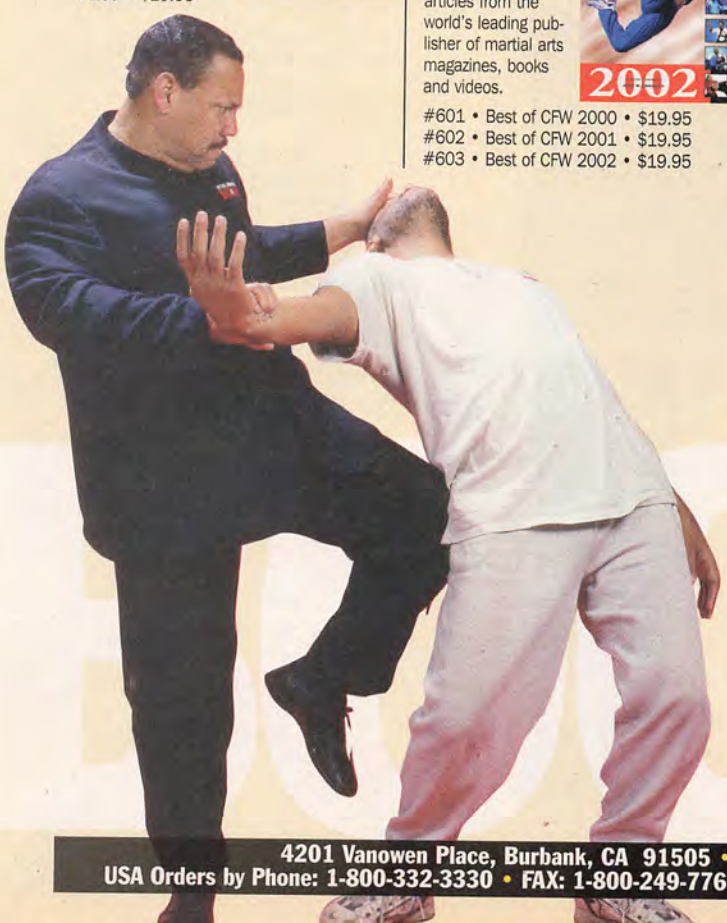
Learn how to use your flexibility to improve your kicking techniques, as well as add power to your forms.

#421 • $12.95

### JEAN FRENETTE'S COMPLETE GUIDE TO STRETCHING
JEAN FRENETTE

Your performance depends on your flexibility. The ins-and-outs of stretching from one of the world's foremost instructors.

#420 • $10.95



4201 Vanowen Place, Burbank, CA 91505 • (800) 332-3330 • www.cfwenterprises.com
USA Orders by Phone: 1-800-332-3330 • FAX: 1-800-249-7761 / All Foreign Orders Call: 818-845-2656 • FAX: 818-845-7761

# UNIQUE PUBLICATIONS
MARTIAL ARTS BOOKS & VIDEOS

# BOOKS
## GENERAL INTEREST

### THE SCIENCE OF MARTIAL ARTS TRAINING
CHARLES I. STALEY

An in-depth discussion on skills training, strength development, flexibility, and speed training, as well as tournament strategy, nutrition, and restoration.

#445 • $19.95

### AMERICAN FREESTYLE KARATE – A GUIDE TO SPARRING
DAN ANDERSON

A guide to competitive sparring targeted specifically at the American student.

#303 • $9.95

### TRAINING AND FIGHTING SKILLS
BENNY "THE JET" URQUIDEZ

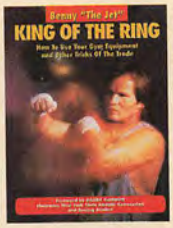
One of the world's best-known instructors teaches the techniques and principles that made him No. 1 in the kickboxing world.

#402 • $14.95

### KARATE DYNAMICS
BENNY "THE JET" URQUIDEZ

The textbook of Benny's personal system of martial arts: Ukidokan.

#555 • $16.95




### KING OF THE RING
BENNY "THE JET" URQUIDEZ

The complete guide to training with equipment, at home or in the gym. Learn from one of the inventors!

#556 • $24.95

### PRACTICAL KICKBOXING
BENNY "THE JET" URQUIDEZ

Benny's early years. A spirited series of one-on-one interviews with the youthful "Jet."

#557 • $16.95

### DYNAMIC STRETCHING AND KICKING
BILL "SUPERFOOT" WALLACE

Detailing effective kicking in two sections. The first deals with stretching and agility, the second with Bill's favorite kicks and sparring strategies.

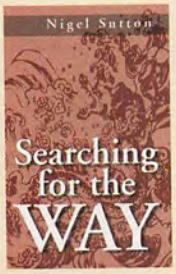
#406 • $12.95

### ANATOMY OF A STREETFIGHT
PAUL VUNAK

A revolutionary book, focusing solely on the attributes of a streetfight, from one of the world's foremost martial arts authorities.

#412 • $16.95

### SEARCHING FOR THE WAY
NIGEL SUTTON




The personal account of one man who spent more than 20 years in Asia studying and learning from the masters at the source.

#180 • $16.95

### THE OFFICIAL HISTORY OF KARATE IN AMERICA
AL WEISS

The definitive work of the "Golden Age," when the American public was just becoming aware of unarmed combat.

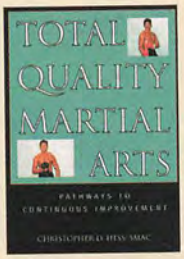
#559 • $29.95

### WARRIOR WITHIN: THE MENTAL APPROACH OF A CHAMPION
KEVIN BREWERTON

The author's personal competition exercises that have earned him five world championships.

#450 • $14.95

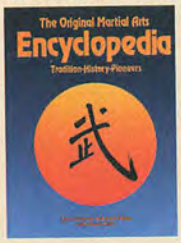
### TOTAL QUALITY MARTIAL ARTS
CHRISTOPHER D. HESS




A step-by-step guide toward analyzing your own strengths and weaknesses, and developing a personalized approach to your training.

#447 • $16.95

### THE ORIGINAL MARTIAL ARTS ENCYCLOPEDIA
JOHN CORCORAN AND EMIL FARKAS




The "coffee table" sourcebook of martial arts information

#524 • $29.95

4201 Vanowen Place, Burbank, CA 91505 • (800) 332-3330 • www.cfwenterprises.com
USA Orders by Phone: 1-800-332-3330 • FAX: 1-800-249-7761 / All Foreign Orders Call: 818-845-2656 • FAX: 818-845-7761

## WANDERLEI SILVA

*Continued from page 92*

**Q: Do you like the nickname, "The Axe Murderer?"**

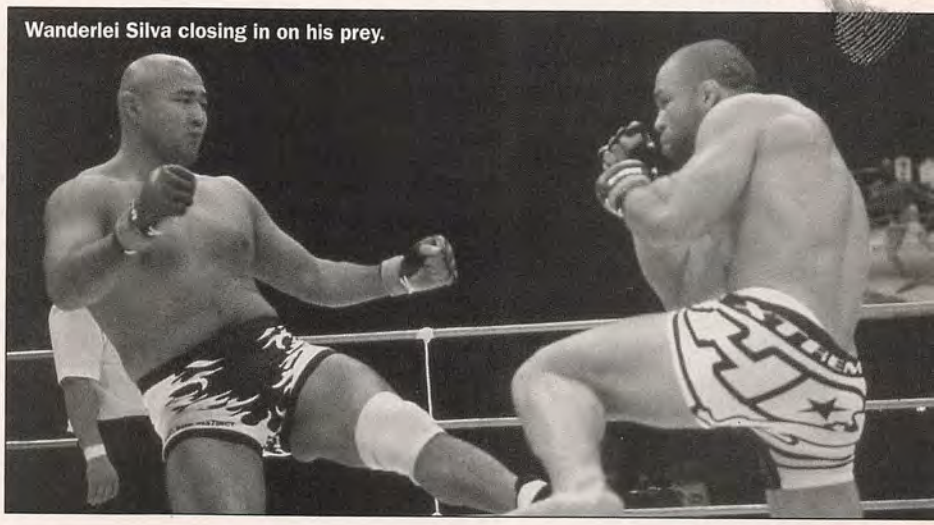
A: You have to admit that it's a great nickname to promote fights, even though some people have told me that it sounds a little too aggressive. But in the ring you have to be larger than life and to attract attention. People call Bob Sapp "The Beast" in the ring. In real life, of course, he's a really funny guy. So I don't think anyone thinks that he's really a wild animal. It's that same way with being known as "The Axe Murderer." I don't think people will take it to mean that I'm some kind of a criminal. I think it stands for sudden and complete violence that will end a fight with one blow. That's OK with me. I just finished a promotional movie of my career that will show fans another side me - a different perspective of "The Axe Murderer." But to my opponents I don't want them to see another side of me. When they enter the ring they should know what they are up against and what to expect. I want to keep this nickname for many years.

**Q: Why did you decide to risk your reputation by fighting in the Pride middleweight tournament, when you already had the middleweight belt?**

A: It was all for the fans. I had so many messages from Japanese fans pleading for me to fight that it really motivated me. The bottom line is that we fighters only have a job as long as there are fans who watch and support us. So when so many people wanted to see me fight I really felt that I had an obligation to them. There was no pressure from Pride and the choice was mine alone. But if you want to be a champion you have to fight the toughest contenders. So how could I sit by and watch other people fight in the tournament and not enter it myself? It was a risk and a gamble, but I threw the dice and today I have two belts in my house. So looking back, I have to say that I think it was the right choice. Even had I lost, it would have been the right thing to do.

**Q: What was your toughest fight on the final night,**

*Continued on page 98*



Wanderlei Silva closing in on his prey.


**UNIQUE PUBLICATIONS up**

BOOK ORDER FORM

**For credit card orders call toll-free:**

**(800) 332-3330**

Fax: **(800) 249-7761** Outside U.S.: **(818) 845-2656**

Online: **www.cfwenterprises.com**

Or send your order to: **4201 Vanowen Place, Burbank, Ca 91505**

METHOD OF PAYMENT :

☐ Check ☐ Moneyorder ☐ Visa ☐ Mastercard ☐ American Express

Sorry, no C.O.D.'s accepted. Money orders will speed processing. Foreign countries submit international money order or bank draft payable in U.S. funds, U.S. bank only.

**Please Print**

NAME

ADDRESS

CITY STATE ZIP

BUSINESS PHONE HOME PHONE

CREDIT CARD NUMBER EXP. DATE

SIGNATURE

| QTY | CODE | TITLE | PRICE | TOTAL |
|---|---|---|---|---|
| | | | | |
| | | | | |
| | | | | |
| | | | | |

**ALL BOOK SALES ARE FINAL. Exchanges are made on defective merchandise 30 days from purchase only.**

**Prices subject to change without notice.**

Shipping & handling: **Continental United States:** $3 for the first book, $1.50 for each book thereafter. **HI, AK, PR, Canada:** $3 for the first book, $2 for each book thereafter. **International:** $4 for the first book, $2.25 for each book thereafter. All books are shipped 4th class mail. X-Large & Hardcover books—Call for pricing

**SUB-TOTAL**

**CA RESIDENTS ADD 8.25% SALES TAX**

**SHIPPING & HANDLING**

**TOTAL AMOUNT ENCLOSED**

NEW
from UNIQUE PUBLICATIONS VIDEO
COMBAT SILAT
With Maha Guru Victor De Thouars

**The Indonesian art of Serak is considered one of the world's most aggressive and effective forms of self-defense. Based on principles founded by Pak Serak, an Indonesian master with one good arm and one good leg on opposite sides of the body, it is known for its ingenious strategies and concepts. Victor de Thouars is a third-generation master of the art. In this unique and long-awaited series, he reveals the concepts of this once-secret art, and adapt them specifically to survival in today's world.**

**VOLUME 1: BLITZING HANDS**
Learn how to use Serak's unique principles of trapping, body angling and physics to become a more effective fighter.
55 min. VDT01 (VHS) VDT01-D (DVD)

**VOLUME 2: BLITZING BLADES**
Learn the defensive principles of one of the world's most ingenious self-defense arts utilizing edged weapons.
57 min. VDT01 (VHS) VDT02-D (DVD)

**VOLUME 3: BLITZING STICKS AND HANDS**
Learn the once-hidden knowledge and unique applications of stick and empty-hand combinations found only in Silat.
56 min. VDT03 (VHS) VDT03-D (DVD)

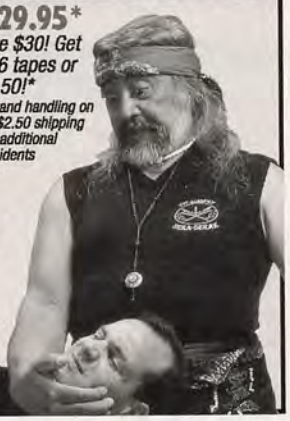
**VOLUME 4: BLITZING STICKS**
**(Featuring Special Guest Instructor Guru Dan Inosanto)**
In this information packed volume, the world's greatest living master of the stick reveals the culmination of a lifetime of experience.
58 min. VDT04 (VHS) VDT04-D (DVD)

**VOLUME 5: BLITZING SAMBAT**
The concept of angulation and fighting strategies of Indonesian martial arts. Maximum results with minimum effort.
54 min. VDT05 (VHS) VDT05-D (DVD)

**VOLUME 6: BLITZING HANDS AND BLADES**
Combining edged weapons and empty hands tactics. Learn to coordinate hands and blades. 60 min. VDT06 (VHS) VDT05-D (DVD)

**TO ORDER CALL:**
**(800) 332-3330**
**www.cfwenterprises.com**

**All titles $29.95***
*Act now and save $30! Get the entire set of 6 tapes or DVD's for just $150!**
**(Plus $5.00 shipping and handling on the first tape or DVD, $2.50 shipping and handling on each additional tape or DVD. Calif. residents please include 8.25% sales tax.*



up VIDEO
*Discount may not be combined with any other discount offer.

## WANDERLEI SILVA
*Continued from page 97*

**Yoshida or Jackson?**

A: Both were very hard even though they were totally different. The first match against Yoshida was more technical, and the second match against Jackson was more aggressive and more dangerous I felt. In a match like that you can take one punch the wrong way and it can turn the fight around.

**Q: Was your fight against "Rampage" Jackson personal?**

A: To be honest, yes. And I think Jackson would tell you the same thing. We're both aggressive fighters who like to get in our opponent's faces. But Jackson challenged me using some attitudes that I disapproved of. As the champion I think I deserved some respect, but he didn't give me any and kept trying to say I was ducking him. Maybe he was just trying to promote himself or the match - I don't really know - but all he did was to motivate me and really make me eager to fight him. So when we finally met in the finals he got the answer to his words that he deserved - a knockout at my hands.

**Q: What was your toughest fight ever?**

A: Without a doubt, Dan Henderson. He is one tough guy. Just ask Bustamante how tough Henderson is. Anyone who fights him had better bring their lunch and a couple of snacks. He'll stay right in front of you, come right at you, and not back down an inch.

**Q: Who would you like to fight that you haven't fought?**

A: The current UFC champion - no matter who it is! I want to prove that I'm the best and in order to do that I have to face the best. I'm well trained now and probably in the best shape of my life. It's a wonderful moment, to have the respect of the MMA community and of fans all over the world. I don't want to let them down and so I don't care which fighters I face in the ring. I want to be known as the champion who fought the toughest contenders.

**Q: Why do you think people consider you the best pound-for-pound fighter in the world?**

A: If they do, then I'm glad. I think that I'm aggressive and that I really come out to win, not just to survive. In every fight I have, I want to show all the fans in

the audience the best of me. As a fighter, you're a showman - and the quality of each fight and each show is of the ultimate importance to me, I want fans to see and to feel that whenever I get into the ring.

**Q: How has martial arts helped you to grow as a person?**

A: A harder question for me to answer would be "how has martial arts *not* affected me?" It has touched every aspect of my life and has changed and molded my attitudes and my outlook on nearly everything. It has taught me discipline, concentration, motivation, respect, and honor. Everything that I have of value in my life and everything that I have achieved until now, I owe to martial arts.

**Q: Do you think that no-holds-barred will ever get as popular in the U.S. as it is in Japan?**

A: Vale tudo is getting more famous in the U.S. every single day. Pride is the greatest event on Earth and will generate a huge amount of interest when people in the U.S. see it. I hope to go there to fight as soon as possible in order to help the sport grow even more. We don't know when that will be yet, but it is our dream. We want to show Americans our Chute Boxe techniques and show them our mix of skills. Its going to happen soon and it will be great when it does.

I developed a marketing plan to promote my image in USA, I have some products that I want to introduce in the American market and a promotional trip is in my schedule for the next few months, to meet the fans and the press. Grappling

# KING OF THE CAGE - PRIDE FC

## THE BEST MIXED MARTIAL ARTISTS IN THE WORLD

### KING OF THE CAGE: V.1
VHS# 69602-3 / $14.95
DVD# 60939-2 / $24.95

FEATURING:
Tyson Johnson
John Jensen
Jeremy Williams
Betiss Mansouri
Mike Bourke
Chris Brennan
Joe Stevenson

### KING OF THE CAGE: DESERT STORM
VHS# 69612-3 / $14.95
DVD# 60944-2 / $24.95

FEATURING:
Ricco Rodriguez
Charlie Kohler
Travis Fulton
John Matua
Tiki

### KING OF THE CAGE: KNOCKOUT NIGHTMARE
VHS# 69622-3 / $19.95
DVD# 60945-2 / $24.95

FEATURING:
Chris Brennan
Vernon "Tiger" White
Todd Medina
Javier Vazquez
Duane Ludwig
Mike Bourke
Joe Stevenson

### KING OF THE CAGE: GLADIATORS
VHS# 69632-3 / $19.95
DVD# 60947-9 / $24.95

FEATURING:
Quinton Jackson
Kurt Rojo
Todd Medina
Daijiro Matsui
Roger Neff
Fabiano Iha
Todd Williams

### KING OF THE CAGE: CAGE WARS
VHS# 69642-3 / $19.95
DVD# 69642-9 / $24.95

FEATURING:
Chris Brennan
Joe Hurley
Brian Foster
Jerry Bohlander
Amir Rahnavardi
Daijiro Matsui
John Matua

### KING OF THE CAGE: ROAD WARRIORS
VHS# 44127-3 / $19.95
DVD# 44127-9 / $24.95

FEATURING:
Vernon "Tiger" White
David Dodd
Pete "El Guero" Williams
Roger Neff
Bettis Mansouri
Adrian Serrano
Tony Galindo

### KING OF THE CAGE: WET-N-WILD
VHS# 44188-3 / $19.95
DVD# 44188-9 / $24.95

FEATURING:
Ricco Rodriguez
Pete Williams
Guy Mezger
Alexander Otsuka
Joe Hurley
Charlie Kohler
Alex Andrade

### KING OF THE CAGE: BOMBS AWAY
VHS# 44138-3 / $19.95
DVD# 44138-9 / $24.95

FEATURING:
Vernon "Tiger" White
Marvin Eastman
Joe Hurley
Gil Castillo
Sean Sherk
Martin Armanderez

# KING OF THE CAGE

### KING OF THE CAGE: SHOWTIME
VHS# 44141-3 / $19.95
DVD# 44141-9 / $24.95

FEATURING:
Javier Vazquez
Thomas Denny
Tim Catalfo
Dave Beneteau
Eric Pele
Sean Alvarez
Bobby Hoffman

### KING OF THE CAGE: GREATEST HITS
VHS# 44206-3 / $19.95
DVD# 44206-9 / $24.95

FEATURING:
Vernon "Tiger" White
Ricco Rodriguez
Duane Ludwig
Quinton Jackson
Fabiano Iha
Jerry Bohlander
Pete Williams

THE SUPREME MIXED MARTIAL ARTS COLLECTION
PRIDE FC
FIGHTING CHAMPIONSHIPS
ONCE
FROM THE TOKYO DOME
The Premiere Mixed Martial Arts Contest In the World!

### PRIDE FC: Vol. 1
VHS# 44028-3 / $24.95
DVD# 44028-9 / $29.95

FEATURING:
Rickson Gracie
Kimo
Daniel Severn
Gary Goodridge
Oleg Taktarov
Renzo Gracie
Branko Cikatic

### PRIDE FC: Vol. 2
VHS# 44130-3 / $24.95
DVD# 44130-9 / $29.95

FEATURING:
Vernon "Tiger" White
Kazushi Sakuraba
Mark Kerr
Marco Ruas
Gary Goodridge
Renzo Gracie
Royler Gracie

### PRIDE FC: Vol. 3
VHS# 44131-3 / $24.95
DVD# 44131-9 / $29.95

FEATURING:
Kazushi Sakuraba
Carlos Newton
Mark Kerr
Pedro Otavio
Gary Goodridge
Daijiro Matsui
Emanuel Yarbrough

### PRIDE FC: Vol. 4
VHS# 44132-3 / $24.95
DVD# 44132-9 / $29.95

FEATURING:
Rickson Gracie
Kazushi Sakuraba
Allan Goes
Igor Vovchanchyn
Marco Ruas
Hugo Duarte
Wallid Ismail

### PRIDE FC: Vol. 5
VHS# 44134-3 / $24.95
DVD# 44134-9 / $29.95

FEATURING:
Mark Coleman
Kazushi Sakuraba
Vitor Belfort
Igor Vovchanchyn
Francisco Bueno
Egan Inoue
Rickson Gracie

### PRIDE FC: Vol. 6
VHS# 44135-3 / $24.95
DVD# 44135-9 / $29.95

FEATURING:
Kazushi Sakuraba
Guy Mezger
Igor Vavchanchyn
Carlos Barreto
Daijiro Matsui
Carlos Newton
Egan Inoue

# PRIDE FC

### PRIDE FC: Vol. 7
VHS# 44137-3 / $24.95
DVD# 44137-9 / $29.95

FEATURING:
Mark Kerr
Igor Vovchanchyn
Kazushi Sakuraba
Akira Shoji
Maurice Smith
Enson Inoue
Vanderlei Silva

### PRIDE FC: Vol. 8
VHS# 44212-3 / $24.95
DVD# 44212-9 / $29.95

FEATURING:
Igor Vovchanchyn
Renzo Gracie
Vanderlei Silva
Fabiano Iha
Mark Coleman
Ricardo Morais
Tom Erikson

### PRIDE FC: NEW BLOOD
VHS# 44128-3 / $24.95
DVD# 44128-9 / $29.95

FEATURING:
Ricco Rodriguez
Igor Vovchanchyn
Gilbert Yvel
Vitor Belfort
Carlos Neton
Alan Goes
Vernon "Tiger" White

### PRIDE FC: THE RETURN OF THE WARRIORS
VHS# 61000-3 / $24.95
DVD# 61000-9 / $29.95

FEATURING:
Kazushi Sakuraba
Renzo Gracie
Ken Shamrock
Kazuyuki Fujita
Mark Kerr
Igor Vovchanchyn
Gilbert Yvel

### PRIDE FC: BATTLE OF THE RISING SUN
VHS# 44129-3 / $24.95
DVD# 44129-9 / $29.95

FEATURING:
Kazushi Sakuraba
Shannon Ritch
Igor Vovchanchyn
Gilbert Yvel
Vanderlei Silva
Heath Herring
Tom Erikson

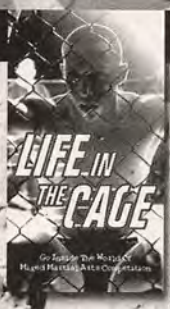
### PRIDE FC: - 2 DVD SET GRAND PRIX: OPENING ROUND
VHS# 44133-3 / $29.95
DVD# 44133-9 / $34.95

FEATURING:
Royce Gracie
Kazushi Sakuraba
Guy Mezger
Igor Vovchanchyn
Alexander Otsuka
Mark Kerr
Mark Coleman

### PRIDE FC: - 2 DVD SET GRAND PRIX: FINALS
VHS# 61001-3 / $29.95
DVD# 61001-9 / $34.95

FEATURING:
Ken Shamrock
Kazushi Sakuraba
Royce Gracie
Igor Vovchanchyn
Mark Coleman
Kazuyuki Fujita
Mark Kerr

# PRIDE FC




### LIFE IN THE CAGE
VHS# 44177-3 / $14.95

Take an insider's look into the world of mixed martial arts, one of the fastest growing and most controversial sports in the United States.

"Life In The Cage" is a unique look at a sport on the verge of a mainstream breakthrough

### GLADIATOR CHALLENGE
VHS# 44196-3 / $14.95
DVD# 44196-9 / $19.95

Jerry Bohlander
Romie Aram
Kia Kamaka
Joe Stevenson
Dave Valasques
Charle Valencia
Quentin Jackson
Dave Taylor

### GLADIATOR CHALLENGE SHOWDOWN AT SOBOBA
VHS# 44210-3 / $14.95
DVD# 44210-9 / $19.95

Tim Sylvia
Gabe Beauperthy
Joe Stevenson
Quentin Jackson
Antonio McKee
Rocko Henderson
Maurice Wilson

### MACHADO HEART OF A CHAMPION
VHS# 60956-3 / $24.95

Jiu-Jitsu is a way of life for the famous Machado brothers. Here, we follow the professional career of Jean Jacques, including complete never-before-seen footage of his biggest fights, including his victory over Wallid Ismail.

### MACHADO TRAINING SERIES V.1-3
VHS# 44211-3 / $69.95
DVD# 44211-9 / $69.95

Learn Jiu-Jitsu from the world's greatest teacher in this comprehensive collection. Jean Jacques is the world's most technical jiu-jitsu fighter.

UNIQUE PUBLICATIONS: CALL 1.800.332.3330 TO ORDER

**Take your grappling to the next level.**

Martin Seminars Inc. (MSI), continues to be the ultimate source for the development needs of progressive martial artists worldwide. As the chosen representative of some of the industry's elite instructors, our intensive training seminars will take your skills to the next level. Visit our web site today and learn how our world-class instructors and innovative services can realize your training goals.

**ERIK PAULSON**
Combat Submission Wrestling

**Rigan Machado**
Brazilian Jiu Jitsu

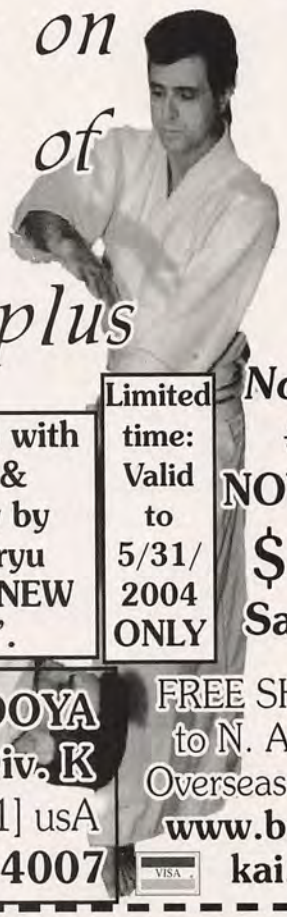
**www.martin-seminars.com**

Erik Paulson & Rigan Machado have teamed up for weekend seminars!

Book your weekend date now with the best duo around.

**email: info@martin-seminars.com**
to check on available dates with Erik, Rigan or the two together.

*Methods on the Edge of Aiki +plus*



2004 Super Sales to celebrate Shihan Annesi's 40th year in Budo!

**A 4-video set (6.75 hrs) with Shihan Tony Annesi & featuring commentary by Roy Goldberg, Daito-ryu Kodo-kai. Includes the NEW "AIKI, Hard & Soft".**

**Limited time: Valid to 5/31/ 2004 ONLY**

***Normally $199***
**NOW ONLY $119!**
**Save $80**

**BUSHIDO-KAI BUDOYA**
300 Eliot St. #369, **Div. K**
Ashland, Mass. [01721] usA
TOLL FREE **888 881-4007**

FREE SHIPPING to N. America;
Overseas add 20%
**www.bushido-kai.net**

## KOTC MIAMI

*Continued from page 62*

Carney followed Pereira to the ground and unleashed a series of lighting fast strikes that caused the referee to step in and stop the match at only 1:31 of round one. "I've lost fights before because I didn't follow up when I sent someone down," Carney said afterwards. "I wasn't going to let that happen again."

Following Carney's scintillating performance, **Jake Short** and **Scott Bills** went back to Decision City in a fight that saw Short control the match on the ground from the inside guard and from side control. Bills repeatedly went for submissions and Short used the openings to punish him with hard strikes. Short opened the second round with a nifty fireman's carry that put Bills down and gave Short side control. Short got put back into the guard and continued to control the fight with solid positions. Neither man wanted to strike, however, which eventually drew catcalls from the crowd. But that was just music to Short's ears as he got the two-round decision win.

As slow as the previous fight was, it was nothing compared to the **Manny Reyes** and **Eric Obrien** field of dreams. Reyes and Obrien, both karate fighters, and Reyes a "World Champion," strangely didn't want to mix it up and spent virtually the entire two rounds circling, feinting, and clinching. When Reyes did come in, it was to go for takedowns and top control, rather than to punch or kick. Due to Reyes' takedowns, he ended up with the two-round win but earned jeers, not cheers, from the bored and long-suffering crowd.

American Top Team star **Jorge Santiago** and opponent **John Cronk**, two hardcore warriors if ever there were, then decided to turn up the heat with a high-energy battle that had the crowd on their feet from start to finish. Cronk came out hard and aggressive early, looking to land a big blow and take Santiago out. Santiago finally got inside and took the fight to the ground, getting to Cronk's back briefly and then holding him in his guard where he attempted a triangle that Cronk barely managed to defend. Cronk then made what seemed to be a tactical error by staying on the ground where Santiago was most dangerous, instead of pulling out and standing up to strike. Santiago

*Continued on page 103*

# DVD VIDEO SHOGUN MARTIAL MEDIA DVD VIDEO

**"Ultimate Fighting Techniques from the World's Greatest Masters and Champions"**

## BAS RUTTEN'S *LETHAL STREET FIGHTING* SELF DEFENSE SYSTEM

In this dynamic DVD/Video "Ultimate Fighting Champion" Bas Rutten personally teaches you his *LETHAL STREET FIGHTING* Self Defense System designed to immediately give you the offensive and defensive striking and ground fighting skills needed to win and survive any street fight! Winner of over 200 deadly street fights and numerous No-Holds-Barred Titles Rutten knows what he is talking about when it comes to reality combat. All techniques shown have been battle tested by Rutten in the ring and on the street so you know they will work in the deadliest combat situations! Over 1 Hour 45 Min. of non-stop action! Order your copy today and SAVE!

Order Online at www.ShogunMedia.com

**Reg. $69.95.....*SALE - ONLY $49.95! You SAVE $20.00!***

**★ORDER TOLL FREE: 1-800-517-7445**

## ★MIXED MARTIAL ARTS★

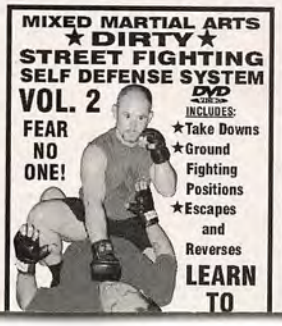
### *DIRTY STREET FIGHTING* Self-Defense System

***Starring Extreme Vale Tudo and Gracie No-Gi Open Champion***

### Adam "Pitt Bull" Hutchins

**A complete mixed martial arts home study course featuring over 4 hours covering striking, takedowns, ground fighting, submissions, strategy and more!**

**$39.95 each.....*SPECIAL! All 5 DVDs Only $99.95...Save $100.00!***



**Pro with**
***imate Boxing***
**onal Series!**

| | |
|---|---|
| | $29.95 |
| | $29.95 |
| | $29.95 |
| niques | $29.95 |
| | $29.95 |
| y | $29.95 |
| utine | $29.95 |
| 8. BOXING Street Self-Defense Techniques | $29.95 |

**Mail Payment to:**
**Shogun Media**
**2024 N. Broadway #206**
**Santa Ana, Ca. 92706**
**Order Toll Free:**
**1-800-517-7445**
**Fax: 1-949-240-5152**
**www.ShogunMedia.com**
***Send for FREE Catalog!***

VISA MasterCard DISCOVER NOVUS

*Puts functional strength into every fiber of your being…*

# "The #1 Total Body Fitness Program on the Planet – Turns You Into An Unstoppable Butt-Kicking Machine… Damn Near Instantly"

## *Follow the Legendary Routine That Simultaneously Catapults Your Strength, Endurance and Flexibility to record levels. Feel the results that tens of thousands are raving about worldwide…*

**by Frank Sherrill**

I was the total skeptic. Not only had I lifted weights for years, but after 21 years in the martial arts and several more in the military, I thought I'd seen it all. So I just didn't believe **Matt Furey** when he said you can get kick-butt fit with bodyweight calisthenics, that I figured I went through in bootcamp. Besides, I could bench 400 and squat 625. So there's no way I was going to fall for a routine that I figured I already knew. Been there, done that!

But I couldn't shake this feeling that Furey might be right. I had read about the **Great Gama** of India, a wrestler who followed this program and was unbeaten in 5,000 matches. In terms of size and strength, he was amazing. He was 5'7" and 260 pounds of streaming steel. And that was in the early 1900's – long before steroids.

I had heard that **Bruce Lee** did the exercises Furey teaches, too. And we all know about Lee's incredible ripped, lean, muscular look. Not to mention how lightning fast and fluid he was.

I had heard that ***Herschel Walker*, a Heisman Trophy winner and All-Pro Running back did 500 pushups and situps each day. So that made me think even more.**

**And then the final straw was when I read that *Ray Lewis* did thousands of calisthenics per day, then went on to guide the Baltimore Ravens to the Super Bowl Title while winning Most Valuable Player honors himself.**

And then, of course, there is Furey, the author of ***Combat Conditioning*** and the man GRAPPLING magazine dubbed **"The King of Catch Wrestling."** Furey has been featured in major martial arts magazines around the world, has been on the cover of several – and is certainly no slouch when it comes to having and using functional strength. He was a world champion in Shuai-chiao kung fu and a national collegiate champion wrestler. Something told me he had to be telling the truth.

I figured the only way I would ever know for sure would be **to get the program and use it**. I told myself that if what I was reading was nothing but marketing hype – I would not only be angry – but I would let everyone in the world know about it.

So I bought Furey's ***Combat Conditioning*** book and read it. In the book he challenges the readers with a test. 100 Hindu squats, followed by 50 Hindu pushups, then a one-minute back bridge.

Figuring this would be easy, I got started. At 40 Hindu squats my thighs were blitzed. It took about 90 seconds; not long compared to my squat routine at the gym.

Next, I tried the Hindu pushups. Funny thing is my legs were still shaking. I dipped down and pushed back. At 15 my arms were throbbing. This couldn't be. No way. **I could bench like there's no tomorrow and this exercise was nuking me.** I gave up at 27 reps. This took about 1.5 minutes, so my workout had only been 2.5 minutes long.

Then the bridge. After three unsuccessful attempts of ten seconds, I gave up. The next day my legs, chest and arms were sore, but in a good way. I thought my legs got 10 times more work with weights, but I was wrong.

Over the course of three months my body changed big time. In fact, I've made a list of 12 of the most amazing benefits that I and thousands of others all over the world have gotten from the ***Combat Conditioning*** program. I'm betting these are important to you, too:

1. I blow-torched off my excess body fat so quickly that I could eat more than I normally did and still look better than ever.
2. **I packed and chiseled functional muscle onto my legs, chest and back that I've never had before, even from weights.**
3. I simultaneously doubled my strength and flexibility – and did so without needing separate workouts for each.
4. **I quadrupled my endurance inside of 30 days. Just think how much this helped my sparring. No matter what, I NEVER get tired.**
5. The chronic back and shoulder pain I had from years of heavy squats, deadlifts and bench pressing went away within a couple weeks. And much of that pain had been with me for nearly 10 years. It's GONE now.
6. **I sleep like a log. Eight hours of deep sleep is no longer a goal. It's automatic. As soon as I hit the rack I'm out like a light.**
7. My self-confidence knows no bounds. Especially when I got compliments from people who hardly paid attention to me before. I honestly believe there is nothing I cannot do. I'm on top of the world.
8. **I can train anywhere. I don't need more than a few square feet of carpet or pavement and I'm all set. I have absolutely no excuses and my body is loving me for it. I don't need any equipment. Just my own bodyweight.**
9. I get a kick-butt workout done in 15 minutes or less. Sure, I could do more – but I've gotten incredible results with this amount – so why ruin a good thing?
10. **I've turned back the clock. My friends tell me I look 5 – 10 years younger. Awesome!!**
11. I have an explosive type of strength that weights couldn't give me. My movements are super fast even when I'm just screwing around.
12. **My muscles are like a pliable and powerful tiger – ready to pounce on prey in a heartbeat.**

So there you have it. The 12 reasons I came up with as to why Combat Conditioning is the best fitness program on the planet. But forget about me.

**Take a look at what some other powerhouses have to say about this program:**

*Matt, I am a US Marine stationed overseas. I am also a wrestler/judoka and the Marine who developed the Marine Corps Martial Arts Program. I use your courses regularly. I like your no-nonsense approach. Particularly as I get older, bodyweight exercises are quick, flexible, all-encompassing and convenient. Keep up the good work!*
***Lt Colonel George Bristol***
***USMC***

*Mr. Furey,*
*We have been applying the principle of 'mastering your own body weight' to our football program and have been pleased. A 12 – 1 championship season last year was our reward. Thank you sir.*
***Bonner Cunnings***
***Yosemite, CA***

*Dear Matt,*
*When I got your book, I changed my whole way of thinking about how one should train for Combatives. I am now totally off the weights, and, to tell you the truth, I have never felt better or been more flexible in my life. I feel great and have lost no size, strength, or muscle mass… as a result I scored the maximum number of points on the Army Physical Fitness test. HOOAH! You are doing great things, and I and the U.S. Army Officer Candidate School owe you a lot. TREAT'EM ROUGH!*
***CPT Judd D. Mahfouz – Infantry***

*Dear Mr. Furey,*
*Let me say I have benefited a lot from both your* ***Combat Conditioning*** *and* ***Combat Abs*** *book. I am a Marine stationed on Okinawa, Japan and I do a lot of kickboxing and NHB fighting on the side. Your exercises have given me a tremendous advantage and combined with my other routines (shadowboxing, sparring, bagwork, wind sprints, and grappling drills) have gotten me into the best shape of my life.*
***LCpl Sandor Devenyi – United States Marine Corps***

Matt Furey, author of the best-selling *Combat Conditioning*.

*Dear Matt,*
*Being a U.S. Marine in a field unit, I spend much of my time in Physical Training, and I'll admit, I thought that I was in peak physical condition. 2 months ago I began your* ***Combat Conditioning*** *program and quickly realized that I had been missing something. While platoon PT consists of mostly running and incorporates some bodyweight exercises (i.e. pushups, pull-ups, crunches) I had been spending the bulk of my personal training time in the weight room, lifting heavy. It embarrassed me the first time I tried to do a reverse pushup and couldn't. I haven't set foot in the weight room in the last 2 months. My 3 mile run time has dropped to below 18 minutes, I've lost a good 10 lbs and my body fat has dropped 4%. You can see the difference and God knows, I can feel the difference. I've introduced the rest of my squad to your program. Thanks for helping us kick ass and take names in a hellish and unforgiving manner.*
***D "Bubba" Byng – LCPL, USMC***
***"Golf" Co, MCS Battallion***

Matt Furey's ***Combat Conditioning: Functional Exercises for Fitness & Combat Sports*** has 48 super effective bodyweight exercises along with seven different programs that will get you into kick-butt shape fast. Be one of the first 25 people to order and you'll receive 3 free **Special Reports** on how to eliminate knee, back and shoulder pain.

Your total investment in this no nonsense book is only $29.95 plus $6 S&H U.S. (foreign orders add $12). Order online at www.mattfurey.com. Or pick up the phone right now and call 1 813 994 8267 to order.

You can also send a money order to Matt Furey Enterprises, Inc., 10339 Birdwatch Drive, Tampa, FL, 33647.

© 2003 Matt Furey Enterprises, Inc. • www.mattfurey.com

Seth Petruzelli pounding Dan Severn in the first round.

tried numerous submissions from there, keeping Cronk on the defensive. While Cronk did attempt to strike from inside the guard, he was foiled by Santiago's nifty defense. The second round saw Santiago land several hard blows early, forcing Cronk to fall to guard. From there, Santiago got the full mount and then snaked a very nice armbar, forcing Cronk to tapout at only 54 seconds of round two. When you play with fire you're going to get burned, and Cronk played Santiago's ground game and eventually got torched. This was a very entertaining match, though, and I'd watch either of these two gladiators fight anywhere, anytime.

## Dan Severn vs. Seth Petruzelli

Severn, with a huge weight advantage over Petruzelli, but looking a little soft around the middle, then tried to once again beat back Father Time by taking on the young Florida hotshot. The first round was all Petruzelli, as he stayed outside on Severn and landed several hard legs kicks and occasional punches that seemed to bother "The Beast" and make him wary about coming in. Petruzelli finally dropped Severn with a spectacular head kick, got to his back, and looked like he might get the choke. Severn, however, defended well, and survived until the bell went off.

The second round saw Severn become more aggressive and actually push the action, initiating the exchanges and making Petruzelli move backwards. From all appearances it seemed like Petruzelli gave away the second round by letting Severn be aggressive and control the pace.

The third round saw Severn open up by moving forward, while Petruzelli tried to counter him. When Petruzelli tried to kick Severn as he had successfully done in the first round, Severn was ready. Catching the kick, he took Petruzelli down and got on top, inside the guard. For the rest of the fight Severn mauled Petruzelli, pushing him around the ring from the inside guard and landing numerous fists and elbows. While Petruzelli

*Continued on page 105*

**New! Tennessee Mountain Man Discovers Missing Link to Eternal Youth Previously Known Only to China's Yellow Emperor and an Anonymous Tibetan Sage!**

***This startling discovery by a Tennessee recluse supercharged my body in just 11 days.*** I thought I had been doing everything right until he shared his secret. My skin became as smooth as silk. My eyes took on a new power and brightness. **I just drank from the fountain of youth! And you will too!** Would you like to supercharge your chi and revitalize your internal strength in as little as 15 min. a day? Can I tell you my story?

**At first they laughed at me** when I told people the secret went back to the Yellow Emperor's classic of internal medicine of the 1st century B.C. But no one was doing it except an American, affectionately known as the ***"Magic Man"*** living on a mountaintop in Tennessee. I had to thank my lucky stars for finding him. I pleaded with him to teach me his practice. **He said the surprisingly simple secret was used by a Tibetan Yogi** in the 1800s to expand the body's subtle energy fields. It creates high amplitude alpha brain waves, when done with a special Qi Gong routine. It is said to change the brain tissue. Can you imagine how this sets the environment for eternal youth? Since I'm an avid athlete, I asked if the missing link could also improve my strength. He went over to a cutoff 80 lb. dumbbell, his fingertips just barely reaching around the wide end. He picked it up as if it were a paperweight. He laughed at my amazement and replied, ***"How would you like to magnetize your fingers with chi like this? My* Magnetic Qi Gong *is the fastest way to turbo-charge the physical body that I've ever found."***

As we walked together down the twisting mountain trail under a flowered canopy of pink and white laurel, he said, *"When you hold your hands apart, if the empty space doesn't feel as solid as as an iron ball, your chi could be toxic, and that could cause tumors, cysts, and growths. Do you agree that could be a problem?* ***When do you believe the best time to change would be?"*** I sputtered, "Why, right now!" He put his hand on my shoulder as he laughed. His laughter made me feel unusually peaceful. The countless songbirds flittering from branch to branch seemed somehow to sing louder now. I'd always heard stories about sages secreted away in the mountains but I never thought I'd have the opportunity to... He stopped me as he read my mind. *"Of course, it takes a very special individual to fully appreciate the value of this Qi Gong.* ***The healing effects are so awesome.*** *In fact you'll multiply your personal power instantly. That's why I've hesitated in sharing this secret, some might misuse it. So it's not for everyone. But, if one does misuse it..."* I assured him I would not misuse this teaching and that I believed there were many other people who would value this as if a priceless treasure. He relented.

***I can't believe my good fortune. I doubled the power of my chi in less than 11 days, and even further, he allowed me to film his secret!*** As I profusely thanked him, the Mountain Man just laughed and laughed, ***"Isn't it a shame how others waste their time when so simply, they could do what you just did?"*** *Tony Balistreri* Milwaukee, WI

◆ *"Magnetic Qi Gong is power-personified. Learn these ancient teachings and alter your life!"* **Matt Furey** Author of ***Combat Conditioning*** Gold Medalist /NCAA National Wrestling Champion

◆ ***"You want proof? Peter is his own proof*** *– his results verify his methods! After all, there's something different about a man who can bend Horseshoes."* **John Saylor** 3-time US Judo Champion / 2-time Pam American Medalist / US Judo Assoc. Coach of the year

◆ ***"I would gladly pay $1,500.00*** *for the infinite treasure chest of value contained in Peter's Course."* **Jim Andreson** Former NCAA wrestler

☐ *BEST VALUE!* ***Yes Tony, Send Me The Works! The "Magnetic Qi Gong Course"*** *Includes: 1 -* ***Instructional Video*** *1 -* ***Audio CD*** *&* ***2 - Very Powerful 3,900 Gaus 4"x 6" Magnets*** *Now for a Limited Time* ***Only $97.00+ $10.00 S&H***

☐ ***Just send me the Magnets $80.00 + $10.00 S&H***

☐ ***Please send me the Magnetic Qi Gong Course Without the Magnets $65.00 + $10.00 S & H***

*Call, or send your or check to:*

***ROARING LION PUBLISHING COMPANY***
**P. O. BOX 1515 GATLINBURG, TN 37738**
***Or order on our Secure Website @***
**www.roaringlionpublishing.com**
***VISA / MASTERCARD***
***Please Call 1.800.491.7141 Secure Line***

***GOT CHI? TRY THIS! And then ask the strongest man you know to give it a try.***

Peter Ragnar

*Peter is pinch gripping FOUR 45 lb. weights* ***180 lbs. total*** *with fingertips!*

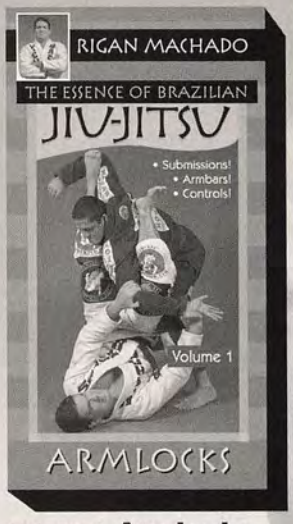
# THE ESSENCE OF BRAZILIAN JIU-JITSU

## WITH

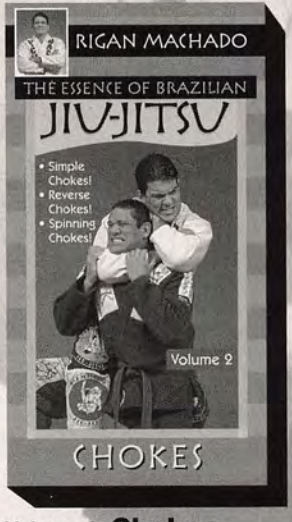
# RIGAN MACHADO

For nearly 70 years, Brazilian Jiu-Jitsu has been proven to be nearly unbeatable in the street and the ring! For the first time ever, Rigan Machado, a direct descendant of the art's founder, Carlos Gracie, reveals the essence of this unique and devastating system to the world!

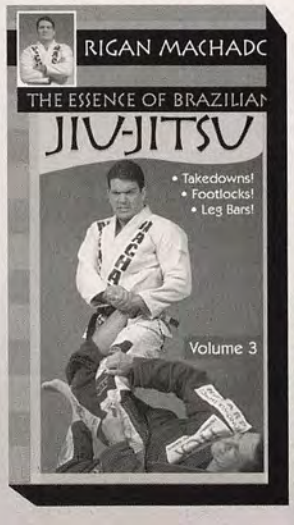
**NOW AVAILABLE ON DVD**




**Volume 1 Armlocks**
Rigan reveals his arsenal of armlocks and armbars, showing several different variations of techniques, both standing and on the ground.
**MACH 01** 57 minutes
$29.95 DVD/VHS




**Volume 2 Chokes**
Rigan teaches one of the ultimate weapons in the Brazilian Jiu-Jitsu arsenal, the choke. Learn famous techniques such as "The Triangle," "Kill the Lion," "The Crucifix," and spinning chokes.
**MACH 02** 59 minutes
$29.95 DVD/VHS




**Volume 3 Leg Locks**
Rigan reveals the leg locks not commonly taught in many other systems of Brazilian Jiu-Jitsu. Learn submission locks, takedowns, leg bars, and much, much more!
**MACH 03** 58 minutes
$29.95 DVD/VHS

***The Essence of Brazilian Jiu-Jitsu***
**by Rigan Machado**
The definitive textbook of Brazilian Jiu-Jitsu. Packed with photos, this book encompasses an enormous variety of techniques, including armlocks, chokes and leg locks. A treasure-trove of Brazilian Jiu-Jitsu, this book is the definitive reference for everyone, from beginner to advanced! **313** $19.95

**ORDER THE COMPLETE PACKAGE!**
**All three videos and the book for just $99 plus $13 shipping an handling.**
**California residents add 8.25% sales tax.**
**When ordering please specify DVD or VHS.**

up VIDEO

**TO ORDER:**

**Call Unique Publications video at**
**1-800-332-3330 Fax: 1-818-845-7761**
**Order On-Line: www.cfwenterprises.com**

did try to strike back from the bottom, Severn controlled the round from beginning to end.

When the bell went off and the cards were collected, however, local favorite Petruzelli was given the judges' nod in a decision that had Severn, and more than a few ringside observers, scratching their heads. I guess a strong first round counts for a lot in Florida. Or maybe the judges tallied the points on the famous Florida voting machines.

### Eric Pele vs. Travis Fulton

In this fight - and I use that term loosely - the titanic 350-pound Eric Pele, trained by world famous Las Vegas fight guru John Lewis, met Travis "The Ironman" Fulton. Not that long ago Fulton was a feared competitor who was counted among the world's most elite heavyweights. It seems that times have changed. Fulton started out reasonably well, circling Pele and snapping out high kicks and flurries of punches. As soon as Pele

Travis Fulton snaps out a high kick at Eric Pele.

clinched Fulton, however, and the fight went to the ground, Fulton's corner threw in the towel, reportedly according to Fulton's pre-fight instructions, stopping the fight. Pele got the 1:35 round one win and Fulton got his purse withheld by the Florida Athletic Commission, pending further review.

### Marvin Eastman vs. Vernon "Tiger" White

In a re-match of a very controversial White win over Eastman a few years ago, "The King of Beasts," Lion's Den founder **Ken Shamrock**, made the trip east to personally coach his long-time disciple. In Eastman's corner was fight guru **John Lewis**, known for his inventive and effective fight strategies, one of which enabled **Tito Ortiz** to beat **Wanderlei Silva** in Tokyo, in the last UFC to be held in Japan. Eastman and White are so equally skilled and matched that it would be hard to give a blow-by-blow description of the contest. Basically, for three rounds, Eastman was just a little faster than White, just a little stronger than White, and just a little more aggressive than

*Continued on page 106*

CASCA GROSSA

Fighting tomorrow?

Don't worry, at Casca Grossa you can get your order overnght.

We ship from the US

(678) 867-6812

www.casca-grossa.com

BRAZILIAN TOP TEAM
WAND
BERZEK
NO FEAR
Vitamins & Minerals AUTHORIZED DEALER
HOTBLOOD SPORTWEAR
TORAH
ARREBENTAÇÃO
CHUTE BOXE MUAY THAI VALE TUDO

For all your fight needs

108 MARTIAL ARTS CLOTHING
• Professional Illustrations!
• 100% Original Designs!
• Create Your Own Style!
T-Shirts • Muscle Shirts • Long Sleeve Sweatshirts • Hooded Sweats • Fight Gear

What's Your Style?
Design Your Shirt...
...Represent Your Style.
Only $19.95
Front Logo
To Order Your 108 Products: 1-866-SHOP-108
To Request a Free Catalog: www.superaction.com/catalog/

Also From 108 MARTIAL ARTS CLOTHING:
DRAGONSKINZ FIGHT GEAR
DRAGONSKINZ™ provide athletes with maximum comfort and increasing performance verses traditional wear.
Also Available in Long Sleeve.
DRAGONSKINZ ELITE™ has an amazing two-layer fabric that draws the moisture away from the body to the outer layer, keeping the athlete dry and comfortable. Proven results are a decrease in fatigue and an increase in maximum performance!
Also Available in Sleeveless and Long Sleeve.
To Order DRAGONSKINZ™ Call:
1-866-SHOP-108
WWW.DRAGONSKINZ.COM

## KOTC MIAMI

Continued from page 105

White. While this didn't lead to a knockout, knockdown, or even a serious punch that put White in trouble, it did cause Eastman to pile up a steady collection of points. When the two clinched Eastman would land the best knees, when they exchanged standing blows Eastman's shots were the hardest, and when they went to the ground Eastman was on top and in control. When the three rounds were over there was no doubt which way the decision would go, as Eastman got the unanimous nod and gave John Lewis a perfect 2-0 record for the evening.

### Conclusion

This was a great comeback performance for **Marvin Eastman** after his disastrous TKO loss to **Vitor Belfort** in UFC 43, and should be good enough to get him back in the hunt for a UFC title shot now that he holds the prestigious KOTC Light Heavyweight title. "**Tiger**" **White** was beaten but not beaten-up, and his reputation as a difficult opponent to fight will not suffer. The American Top Team, led by **Jorge Santiago's** sterling performance, should only grow in fame. Look for more of their fighters to step into the limelight. **Eric Pele's** biggest problem is just finding someone big enough to fight him! At 350 pounds and very athletic and active, he isn't an opponent anyone is eager to face. **Dan Severn** will survive his loss to Petruzelli and continue to be "The Beast." It takes more than this to bring down a legend. As for **Seth Petruzelli**, "The Golden Gladiator" , his big win should give him more visibility. Strong, fast, dangerous, and willing to mix it up - and with Hollywood good looks to boot - he has the potential to headline any card. If he can put together three consecutive rounds equal to his first round against Severn, he will be a runaway freight train looking for someplace to crash! Grappling

*For more information on upcoming King of the Cage events all around the U.S., visit* www.kingofthecage.com.

### King of the Cage 30 Results

Office Depot Center | Ft. Lauderdale, FL

**Main Events**

Marvin Eastman def. Vernon White, 3R, Dec

Eric Pele def. Travis Fulton, R1, 1:35, Corner Towel

Seth Petruzelli def. Dan Severn, 3R, Dec

**Feature Fights**

Jorge Santiago def. John Cronk, R2, :54, Armbar

Manny Reyes def. Eric Obrien, 2R, Dec

Jake Short def. Scott Bills, 2R, Dec

Todd Carney def. Jorge Pereira, R1, 1:31, TKO

Crafton Wallace def. Mike Quinian, R1, 3:13, Guillotine

**Preliminary Fights**

Marcel Ferreira def. Charles McCarthy, 2R, Dec

Rory Singer def. Wilson Gouveia, R2, 3:55, TKO

Brent Carraway def. Roger Krahl, 2R, Dec

Stu Hesselmeyer def. George Crawford, 2R, Dec

Danny Byrket def. Joe Cervantes, 2R, Dec

Marvin Eastman showing good ground control against "Tiger" White.

# Gameness

www.Gameness.net

## Gameness Gi's

Over $70.00 worth of patches

White: $105.00
Blue: $115.00
Black: $125.00

Vale Tudo Shorts: $35.00

Rashguards: $35.00

Order On-Line at:

www.GrapplerGear.com

615-834-7927

GRAPPLERGEAR™

100's of products at the Lowest Prices!

Ouano, UFC & KOTC Gloves: $60.00

Boxer Genics Gloves: $54.00

Fighter Packages Available



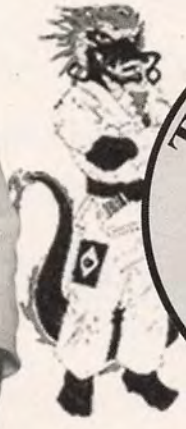
Krugans Tribal, White: $125.00

www.GrapplerGear.com

615-834-7927

# Machado Jiu-Jitsu Las Vegas

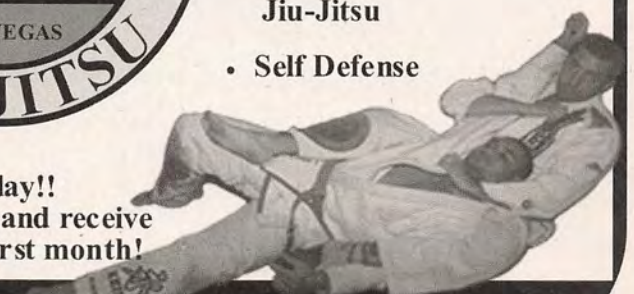
5640 W.Charleston Blvd., Las Vegas NV 89146 (702) 214-6414



TEAM MICA BR LAS VEGAS JIU-JITSU

RCJ MACHADO JIU-JITSU

- Boxing
- Judo
- Vale Tudo
- Brazilian Jiu-Jitsu
- Self Defense



Join Today!!
Bring this ad and receive 1/2 off your first month!

Mica - Rigan Machado Black Belt

www.brjiujitsulasvegas.com

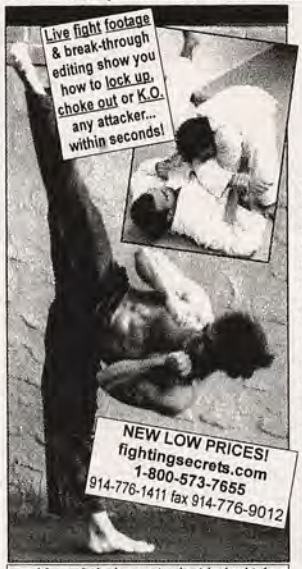
"Voted 'most technically thorough' among the top ten video instructors in the world." Black Belt Magazine
"A must for today's modern day fighter." Inside Kung Fu Magazine
"One of the top series ever produced." www.altinet.net/~karate/lalaint.htm
"Voted among the best videos" Karate/Kungfu Illustrated
"Out of all the instructional videos I've ever watched, Lala's ranks as one of the best." Steve Neklia, UFC Judge, BJJ champ
"It's like opening up a treasure chest... Has the highest content on the market." Kirik Jennes, Mixedmartialarts.com
"Training a few weeks with Marco helped me beat a 5x Sanshou Champ." Chaz Menendez, Sanshou Champion & actor: HBO's OZ
"I, John Saylor and Gene LaBell have seen many of these tapes and feel they are some of the finest material at any price" Mark Tripp, Judo coach & 5th Dan USJA
"8 days after receiving Beyond Splits, I noticed a difference in my front & side splits." Jon Pratt, Warwick, LI
"I finally achieved the chair split." Sam Taylor, Virginia Beach, VA

Customer sees results within 48 hours!!
"...received the tapes monday. This past wednesday I choked out everyone I wrestled with (4 for 6) and armbarred the other two from a technique I saw from the INTRODUCTION of your top control tape!" Jesse Taijeron

I've helped thousands in over 60 countries. I guarantee I can help you!
For live clips or to order online visit: www.fightingsecrets.com

Neck Manipulation Vol 1:
Over 120 finishing holds! Includes neck cranks, spine locks & naked chokes, throat strikes, variations & drills. No gi required. A must for street defense! #NM1...$39.95
Neck Manipulation Vol 2:
Over 115 more finishing holds, including advanced chokes & lapel strangles, variations & drills. Over 50 rarely seen defenses against chokes 1-1/2 hours! #NM2...$39.95
Forbidden Leg Locks:
Over 100 variations of hip, knee & ankle locks; takedowns, calf & tendon crushes. Most you'll ever see on tape! #FLL... $39.95

Jiu Jitsu Arm Locks Vol 1:
40 Plus Armlocks in complete detail from side hold, forward & reverse scarf position, top, mount, etc. Awesome! #JAL1... $39.95
Jiu Jitsu Arm Locks Vol 2:
Over 50 more armlocks that will amaze even advanced JuJitsu fighters! Includes rare standing applications. #JAL2... $39.95
Grappling & Ground Fighting:
2 hours of concepts & conditioning never taught on video. Science of Takedowns, counters; Begin. to advance. #GG... $39.95
Advanced Grappling & Ground Fighting:
Features LIVE Explosive fights of Marco Lala; tons of solo drills, escapes, finishes. See real grappling in action. #AGG... $39.95
Elbow Techniques:
2 tapes in 1! Devastating Muay thai elbow techniques with Vale Tudo, street effective arm bars, locks and escapes! #ET... $39.95
Headbutts-Eye Gouging- Hair Pulling:
A scientific approach to dirty fighting. 3 tapes in 1! Add these vicious techniques to your standing/groundfighting. The ultimate street defense! #HB...$39.95
Iron Defense System:
A complete guide to blocking & evading. Real parries & body shifting vs. over 100 kinds of attacks. Special section on shin kicks & weapons. Why most blocks can get you killed! #ID... $39.95
Karate's Ab Training Secrets:
100 methods fully detailed. Beginner thru advanced routines. Most complete on the market. Not a fake shortcut. #AB... $39.95


Live fight footage & break-through editing show you how to lock up, choke out or K.O. any attacker... within seconds!
NEW LOW PRICES!
fightingsecrets.com
1-800-573-7655
914-776-1411 fax 914-776-9012

Marco Lala has trained with the highest ranking Japanese instructors in Contact Karate, Judo, Jiu Jitsu & wrestling. He was a former Kyokushin instructor, Bare-Knuckle champ, Judo competitor, and founder of Tettsu Bushi Jitsu. He's featured in over 30 U.S. & Japanese videos & many magazine articles.

Honesty & Integrity since 1985

Beyond Splits Vol 1:
Achieve total body flexibility at any age! Tips on workout clothes, times to stretch, proper care of joints. No partners or expensive equipment. Withstand & escape submissions . Be flexible all day! #BS1...$39.95
Beyond Splits Vol 2:
Power stretching for peak performance. Secrets for passing that stubborn 6-12 inches from a full split. Increase speed, power & balance 200%. Pass 180 degrees! #BS2... $39.95
Knock Out Any Attacker Within Seconds:
See Marco LIVE (in a 16 man elimination tournament) knock out 4 fighters in 1 night! Students with 6 months of this training beat Black Belts from other styles! Triple your fighting skills in a few weeks. #KO... $39.95
Karate Boxing Connection:
"Mastering Hand Techniques." Boxers can't be beat in striking. Nearly 2 hours of secrets hidden from martial artists. Combo's, distance, timing, speed-hitting, footwork, accuracy, fakes, self defense. Much more. A must have! #KB... $39.95

Video Encyclopedia on Effective Kicking:
30,000 kicks thrown to complete this 2 tape set! Mechanical break downs, time lapse video, real fight footage, drills, self defense. Don't think kicks work? See This! Produced for instructors. #V-ENC... $39.95
Destructive Low Kicks & Knee Attacks 1:
Why every style & NHB fighter learns these moves. Banned in most Dojo's. See what Thai's, Japanese & best U.S. fighters use to dominate full contact! #LK1... $39.95
Destructive Low Kicks & Knee Attacks 2:
Advanced training & technique integration. Add to hand techniques, kicking & ground fighting. Features live footage, bat (& leg) breaks, demo's, "blind side" attacks & "fight scenario" drills! #LK2...$39.95
Winning from Legs Around Top Position:
How to avoid, evade & pass the guard. Other video's don't cover how to defeat the legs before & during a guard attempt- here's how. Numerous passing techniques. Strict attention to detail! #LAT...$39.95
Winning from Legs Around Bottom Position:
How to secure, defend & fight from the guard. Totally dominate any match from this highly effective position. #LAB...$39.95

Top Control Series
Dominating, flowing & striking from pinning positions. Have you wasted $69. on a 15 minute tape with one position. Learn what the others don't want you to know! Mount (& modified mount), side hold, top hold, one arm, scarf position, floating -knee on chest, reverse scarf & much more!
Top Control Volume 1: #TC1... $39.95
Top Control Volume 2: #TC2... $39.95
Bottom Position Fighting Series
Survival & Escape Techniques from bottom positions. Most comprehensive series of escapes EVER. Covers all the counters from Top Control 1 & 2 in exact detail. Made for instructors- a must for students!
Bottom Position Fighting 1 #BPF1... $39.95
Bottom Position Fighting 2 #BPF2... $39.95
Tettsu Bushi Jitsu's Inner Secrets:
The "No-Holds-Barred" Fighting system of the Iron Warrior Federation. Meet Marco Lala up close & personal. Video features biography, Live fights, his teachers & instructional segments. #TBJ... $39.95
Phenomenal Endurance Training:
Triple your stamina within 10-14 days; weekly routines; build awesome power & speed. Quality Soft-cover. #PET... $14.95
Phenomenal Strength Training:
21 Lbs of muscle in 10 weeks; no drugs; supplements; not even a belt! Less than 2 hours per week! Soft-cover #SB... $18.95

****BEST OFFER:****
All 26 tapes & 2 books... Just $303.83 now & 3 monthly payments of $89.61 (save $35)

30 Day "No Risk" Money Back Guarantee!

ORDERS: 1-800-573-7655
914-776-1411 - 24 Hr. Fax 914-776-9012
www.fightingsecrets.com
or Mail orders to: Marco Lala
P O Box 979, Yonkers, NY 10704
Name
Address
City ST Zip
❑Visa ❑M/C ❑A/MEX ❑DISC
Card #
Exp Date
Sign
Tel ( )

| | | |
|---|---|---|
| ❑ #NM1.....$19.95 | ❑ #KO.....$19.95 | ❑ #TC1.....$19.95 |
| ❑ #NM2.....$19.95 | ❑ #BS1.....$19.95 | ❑ #TC2.....$19.95 |
| ❑ #FLL.....$19.95 | ❑ #BS2.....$19.95 | ❑ #BPF1.....$19.95 |
| ❑ #JAL1.....$19.95 | ❑ #KB.....$19.95 | ❑ #BPF2.....$19.95 |
| ❑ #JAL2.....$19.95 | ❑ #V-ENC.....$24.95 | ❑ #TBJ.....$19.95 |
| ❑ #GG.....$19.95 | ❑ #LK1.....$19.95 | ❑ #PET.....$14.95 |
| ❑ #AGG.....$19.95 | ❑ #LK2.....$19.95 | ❑ #SB.....$18.95 |
| ❑ #ET.....$19.95 | ❑ #AB.....$19.95 | sub total |
| ❑ #HB.....$19.95 | ❑ #LAT.....$19.95 | + shipping |
| ❑ #ID.....$19.95 | ❑ #LAB.....$19.95 | Order Total |

Shipg: $5-1st item: $2.50 each add'l item. Foreign (except Canada/Mex) Triple ship. US$ only

*Payment Plan is for credit card orders & requires a 2 tape minimum. You pay just half now plus shipping to get the tapes! You'll be billed for the balance over 3 months. No interest - No add'l charges - Don't wait!



process. The courageous Parisyan had his moments in the bout as he attempted to secure a submission lock on the Canadian, but St.Pierre's strength and ring savvy allowed him to stay out of serious danger and easily take the bout on the scorecards.

## Hermes Franca vs Josh Thomson

In an undercard lightweight bout that had main card written all over it, Josh "The Punk" Thomson eked out a unanimous decision over Hermes Franca. All three judges scored it 29-28 for Thomson.

Using a variety of skills, both standing and on the ground, Thomson was most effective in the first two rounds, though Franca was certainly very much in the fight. By the third round, Franca was coming on, and a right to the head put Thomson in serious trouble. Seizing his good fortune, Franca almost scored a stoppage as he drilled his opponent, but Thomson fought off Franca's attack and finished strong as the final bell rang, earning him the decision in a bout that screams for a rematch.

## Matt Serra vs Jeff Curran

In the UFC 46 opener, lightweight dervish Matt Serra evened his UFC slate at 3-3 with a shutout three round decision over late replacement Jeff Curran. Fighting gamely throughout the bout, Curran used his jiu-jitsu skills to foil Serra's submission attempts, but in the end, the New Yorker's experience and strength proved too much for Curran to contend with.

## Conclusion

There was a lot to like about UFC 46 "Super Natural". Very active fights between top competitors, several exciting upsets, and a solid comeback by a veteran needing a win gave fans plenty to cheer about. The final bout's unfortunate injury outcome between Belfort and Couture was hardly noticed due to the fireworks that preceded it. If anything, it may have just set the stage for an even more dramatic bout to follow later this year. Grappling

*East Coast-based writer Thomas Gerbasi is a regular contributor to* Grappling.

VUT

WE HAVE IT ALL!

# MUAY THAI

## FIGHTING GEAR

"I guarantee that this is the *BEST* Muay Thai equipment you can get or I wouldn't put my name on it!"
-Kru Vut Kamnark, President United World Muay Thai Association

1. Thai Kicking Pads
   Long 17" x 8½" ..... $81.95
   Regular 14" x 8½" ..... $71.95
2. Thai Shorts
   Thai Shorts (S,M) ..... $22.95
   Thai Shorts (L,XL) ..... $23.95
   Thai Shorts (3L,4L,5L) ..... $24.95
3. Belly Protector (Large) ..... $64.95
   Belly Protector (XL) ..... $69.95
4. Pro Focus Mitts ..... $64.95
5. Leather Shin Pads (regular) ..... $54.95
   Leather Shin Pads (Long) ..... $59.95
6. Head Gear (Medium) ..... $50.95
   Head Gear (Large) ..... $54.95
   Head Gear (XL) ..... $59.95
7. Sparring Gloves 16 oz./14 oz.(velcro or lace) $60.95
8. Training Gloves 12 oz./10 oz.(velcro or lace) $55.95
9. Bag Gloves (Large) ..... $24.95
10. Bag Gloves (X-Large) ..... $26.95
11. Steel Cup (Large and X-Large) ..... $19.95
12. Ankle Supports (S,M,L) ..... $13.95
13. Mongkol ..... $19.95
14. Thai Liniment ..... $7.00
15. Muay Thai Jump Rope ..... $15.00
16. Muay Thai Patch (7½" x 10") ..... $15.00
17. Muay Thai Patch (10" x 12½") ... $20.00
18. UWMTA Patch (3" x 3½") ..... $9.00
19. Muay Thai Fight Music ..... $10.00
20. Muay Thai Fight Music (CD) ..... $15.00
21. Hand Wraps ..... $4.95
22. Muay Thai T-shirt, blk., L,XL .... $14.95
23. Muay Thai T-shirt, wht., L,XL .... $11.95
24. Muay Thai Tank top, blk., L,XL . $14.95
25. Muay Thai Tank top, wht., L,XL . $11.95
26. Keychain ..... $5.00
27. Warmup Jacket (L, XL) ..... $39.95
28. Warmup Jacket (3L, 4L) ..... $44.95
29. Arm Band ..... $8.00
30. Boxing Robe Set ..... $175.00
31. Muay Thai Statue (single) ..... $12.00
    (Double) ..... $18.00
32. VUT Promotions 5 bouts Fight Video .... $20.00
33. UWMTA Cap ..... $15.00
34. UWMTA Logo Knit Polo Shirt ..... $25.00
35. Muay Thai Ceremonial Fighter's Flowers .. $10.00
36. Muay Thai Book ..... $40.00
37. Muay Thai Steel Fight Statue ..... $39.00
38. Banana Bag (6 ft. long), vinyl, unfilled ... $90.00

**vutmuaythai.com**

GENUINE FROM THAILAND

Send cashier's check or moneyorder to:
**VUT KAMNARK**
5411 Russell Ave.,#12, L.A., CA 90027
(Include 10% Shipping. CA res. add 8.25% tax)
**(323) 962-5230**
**FAX: (323) 464-3583**

MasterCard VISA

# MUAY THAI

VUT Promotions has cultivated a growing stable of awesome fighters in Southern California, the hotbed of Muay Thai in America. Now is your chance to witness this dynamic sport in action!

VOLUME 1
Features 5 Championship Bouts.

**NEW!** VOLUME 2 **NEW!**
Features the Best from Hollywood Park Casino Bouts 11/21/2003.

Running time: 90 minutes

VHS $19.95 each Plus $5 shipping

Send cashier's check or moneyorder to:
**VUT PROMOTIONS**
5411 Russell Ave.,#12, L.A., CA 90027
(Include $5 Shipping per tape. CA res. add 8.25% tax)
Tel./Fax:
**(323) 962-5230**

MasterCard VISA

ALL BLADE - ALL THE TIME

Sayoc Kali™SM

• A Highly Evolved Filipino Blade Art •

Sayoc Kali Instructors

| | |
|---|---|
| Denver, CO | (303) 758 - 9383 |
| Columbia, MD | (410) 750 - 2005 |
| Manchester, NH | (603) 668 - 3181 |
| East Chester, NY | (914) 961 - 1800 |
| Fresh Meadows, NY | (718) 461 - 0700 |
| Manhattan, NY | (212) 647 - 1175 |
| Pleasantville, NY | (914) 741 - 5550 |
| Dayton, OH | (937) 293 - 5520 |
| Philadelphia, PA | (215) 849- 2325 |
| Upper Darby, PA | (610) 272 - 2602 |
| Wichita Falls, TX | (940) 696 - 1254 |
| Woodbridge, VA | (703) 680 - 2497 |

As Seen in The HUNTED!

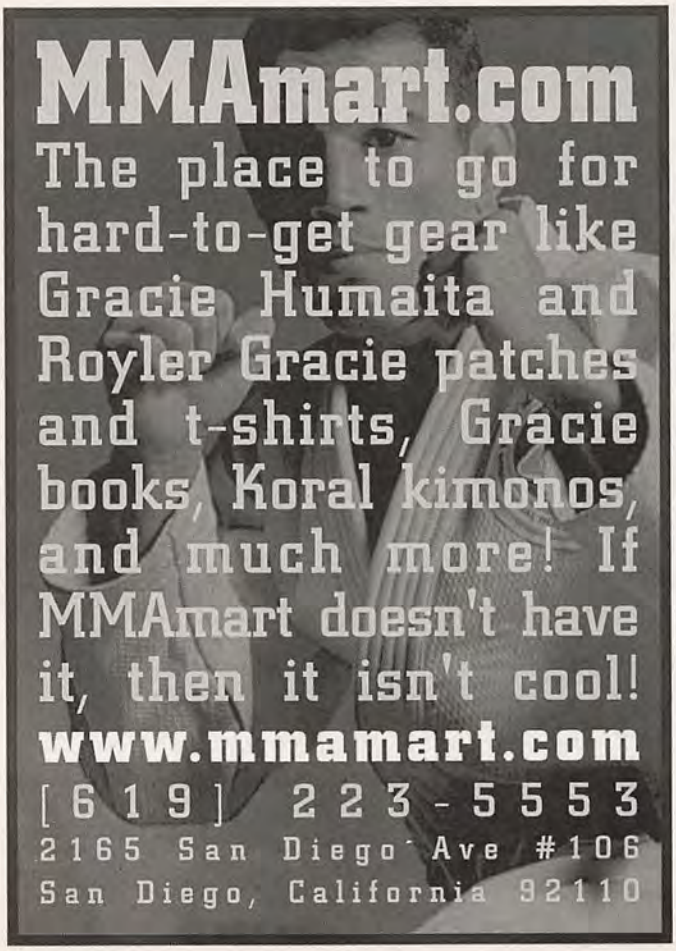
Sayoc Kali DVD's now available!
NEW! Sayoc Kali SAMA SAMA 2003 DVD
Annual Gathering of Sayoc Kali
Includes: Silak, Transition Drills, Tomahawk, Projectiles, Demos, Interviews, and many more!
2 Hours

3 of 9 Vital Template DVD

Maryland Seminar DVD
39.95 per DVD plus Postage

Sayoc International Group
P.O. Box 1053
Bala Cynwyd, PA 19004
610 747 0595

Visit sayoc.com


MMAmart.com
The place to go for hard-to-get gear like Gracie Humaita and Royler Gracie patches and t-shirts, Gracie books, Koral kimonos, and much more! If MMAmart doesn't have it, then it isn't cool!
www.mmamart.com
[619] 223-5553
2165 San Diego Ave #106
San Diego, California 92110

## MIDWEST REPORT

*Continued from page 14*

MaCann when Aginiga, due to fatigue, failed to answer the bell after the first round.

The next match pitted Midwest veteran **Jason "The Pittbull" Purcell** against a club veteran known only as **Token**. The first round was primarily a clinch battle. Several times the Pittbull was warned for throwing instinctive knees (a move not allowed at the club) and had to change his game plan accordingly. Token definitely showed that he had ring prowess as he calmly countered Purcell's attack. Toward the end of the first round Purcell was able to score a takedown, and started raining down punches while both fighters tangled in the ropes. Purcell then scored a quick takedown at the beginning of the second round, trapping his opponent's arm reminiscent of Hughes vs. Newton, and unloaded on until he was forced to tap from punches. I later found out that Purcell had signed up for three fights that night, pending accepting challengers.

The third fight featured **Eric Gustafson** and **Bradley Johnson**. I missed most of this match when I unwisely decided to blink. After 17 seconds Gustafson had the victory, and Johnson had a bloody nose.

Bout number four was between **Robert Patterson** and Toad veteran **John Wright**. Wright, who gave up over 35 pounds in this match, fought tough after being controlled by his opponent for the majority of the match, eventually sinking a rear naked and forcing Patterson to tap.

The final fight was between **Matt Becker** and Toad favorite **Jesse "The Mexican Midget" Gomez**. Gomez's standup was superior, but Becker defiantly controlled the ground game, pummeling Gomez with punches and forcing him to tap.

A great turn-out and fun night of fights. If you are ever in the Des Moines area and are looking for some straight-up, grassroots butt kicking, head on out to Toad Holler. And if you're looking to jump in the ring yourself, ask for the adorable fight club manager known only as Worm (you'll have to ask her about the name), sign your waiver, and let them know that Victory Jay sent you! Grappling

*Victory Jay can be contacted at* victorysports@aol.com.

## MAT TIME

*Continued from page 8*

the top. Once you train your mind to see what options are available in different situations, the next step is to anticipate and react as soon as you realize the situation is repeating itself. For example, if someone is about to take your back, begin the escape route as soon as your opponent does his move; this way you will be way ahead in your reaction and on your way to safer ground.

So the next time you go train, try taking it slow, and progressing forward at all times. Try to envision and react quickly but not necessarily jump from position to position, but rather making the least amount of adjustment necessary to better your position. Grappling

*Kid Peligro can be reached at* kidpel@yahoo.com.

# Straight from the source.

**www.brazilianjiujitsu.net**

**Check us out online**

*Intructional DVDs*
*Bad Boy and Torah GFs*
*Affiliate Programs*
*Seminars*

CARVALHO - TEIXEIRA BRAZILIAN JIU-JITSU

F.J-J.RIO

**9495 Ninth St. # C**
**Rancho Cucamonga, CA**
**91730**
**(909)987-2509**
**Pedro Carvalho**

***New***

**19811 E. Colima Rd. # 620**
**Walnut, CA 91789**
**(909)594-7033**
**Rodrigo Teixeira**

**United Brazilian Jiu-jitsu**
**3761 Van Buren Blv. #A**
**Riverside, CA 92503**
**(909)687-9000**
**Rommel Dunbar**

**Force Brazilian Jiu-jitsu**
**15 W 700 north frontage Rd.**
**Hinsdale, Illinois 605210**
**(630)355-4100**
**Sean Burke**

**Katamejitsu**
**Brazilian Jiu-Jitsu**
**8504 Rancho Diego**
**Albuquerque, NM 87113**
**(505)261-6588**
**Willian Carpenter**

***Submission Fighting***
**46780 Clinton ST.**
**Indio CA 92201**
**(760)347-9450**
**Ernie Extrada**

***All instructors are certified by Pedro Carvalho.***

# Pedro Sauer Brazilian Jiu·Jitsu

the Path to Black Belt series

Be ready to experience what many claim to be the most technical Brazilian Jiu-Jitsu Instruction in the world. Professor Pedro Sauer was voted "Best of the Best" Brazilian Jiu-Jitsu instructor by the prestigious Abu Dahbi News

## BLUE TO PURPLE

**ALSO AVAILABLE - WHITE TO BLUE**

This series includes 8 tapes (4 per each set) with over 160 perfect techniques demonstrated by 6th degree black belt Professor Pedro Sauer and one of his top students, Black Belt: Jeff Curran, ranked Top 10 super lightweight in MMA competition.

***cost***

BLUE TO PURPLE: **$185**+S&H *(Limited time only)*

WHITE TO BLUE: **$140**+S&H *(available now)*

All major credit cards, money orders or cashiers checks accepted.
(Hawaii will have an additional 5 % added to shipping)

***coming soon...***

**PURPLE TO BROWN & BROWN TO BLACK**

**Ordering: call 801-561-2535**
online at www.pedrosauer.com or www.jeffcurran.tv

For more information on joining the Pedro Sauer Jiu-Jitsu Association call or visit our website.

Pedro Sauer Jiu-Jitsu Association • 9460 South 560 West, Sandy, Utah 84070 • 801-561-2535 • www.pedrosauer.com

Olympic Coach & World Champion teaches techniques to make you a superior instructor or competitor.

BART VALE
PRESENTS
THE OFFICIAL ISFA
SHOOTFIGHTING®
INSTRUCTOR'S VIDEO COURSE
Professional Series On DVD
Submission from any position

NEW

"To be the best, train with the best! I highly recommend this 5 tape series."
"JUDO" GENE LEBELL

Certificate of Completion Available

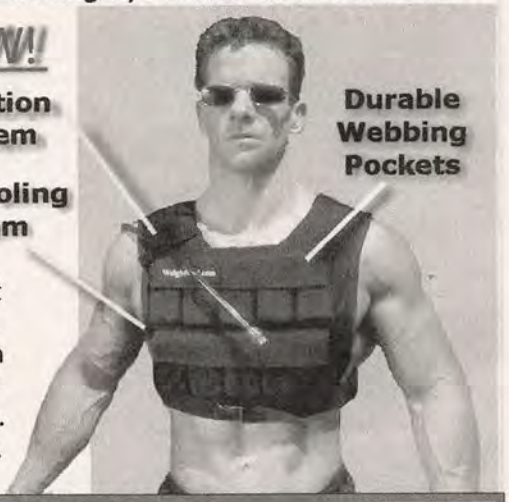
Order now and receive a **free ISFA** membership with your payment of $269.00 (shipping and handling included)
Still available on VHS

To order by phone use your Visa or MasterCard or send check or money order payable to:

International Shootfighting®Association http://www.shootfighting.com
PO BOX 327351 FT. LAUDERDALE, FL. 33332 (888) 266-1601

The *Ultimate* Weight Vest
Build *Maximum* Power!
10 to 100 lbs!
Increase Strength, Balance and Endurance!

NEW!
Hydration System
Body-Cooling System
Durable Webbing Pockets
Built to last A lifetime. Nothing can compare to this quality. Guaranteed.



50 lb.....$189.95
Shipping Included USA & Canada Only
1-888-909-5473
WEIGHTVEST.COM

## NHB

*Continued from page 10*

around in those cramped confines of the NYAC gym and saw an old friend whom I am always delighted to see: NHB and jiu-jitsu legend Renzo Gracie.

Renzo, as it turns out, was delighted to see all these world class wrestlers. "I can't believe how many wrestlers in good shape there are," he said with awe while looking at the competitors grinding away at each other on the mat. "So I'm having a great time, and it's nice to see such unbelievable athletes here. What I like a lot about them is the discipline of training," he said. "It's amazing. To get in such good shape, you have to really dedicate a lot of your time into it. Even though we are now having a lot of guys who are getting into unbelievable good physical condition, definitely they should have looked forward to be athletes like those people here. They would make their game much better." he stated.

Even at this event, the crossover in the combat sports was obvious. The tournament's freestyle heavyweight champion, Steve Mocco, has been a judo player, and his array of foot sweeps showed it. Olympic Greco-Roman wrestler Kevin Bracken, in attendance here though sidelined with an injury, has fought on several mixed martial arts shows. Yet the organizations running these sports do not have much cooperation, a situation Renzo agreed should change.

"Fighting is the most entertaining sport ever," said Renzo. "It's much better than any other sport. And it's much better than any ball game or anything like that. So it's just a matter of time before it becomes huge. And I can see that in the near future. I hope I'm still alive to see myself fighting on those kind of competitions." Grappling

*Eddie Goldman can be contacted at* wrestlingeditor@yahoo.com

## VOICE OF EUROPE

*Continued from page 16*

you could stand around and take breathers. These were left and right knees on the hop, again for ten minutes. That was probably one of the longest ten minutes I have ever encountered, as I was dragged around like a rag doll by my partner. This time I thought I would throw up on the mats! All I could think of was, "Do not drop the pad! Do not drop the pad!" It was hard enough with a pad there. God forbid if he was to miss the damn thing and connect with me proper. Time was called and it was my turn, but I had nothing to give by this time - some athlete I turned out to be. There's one thing having mat fitness and rolling for hours on end, but Thai fitness is another world, another universe, and I was at the very bottom rung of a long and tortuous ladder.

The class was now over and I had somehow managed to survive. It gave me an eye opener on just how hard these guys train, day in and day out, twice a day. I have the utmost respect for anyone who decides to travel down this gladiator's path. After a quick shower and drink I managed to catch a glimpse of how the professionals train, watching Jorgen on the Thai pads with Thomas. All I can say is, I'm glad I'm not his opponent's thighs! Grappling

*For more info check out* www.kampsportskolan.com *or call + 46 (0) 8 651 2952. Carl Fisher can be contacted at kippa37@hotmail.com.*

# GRACIE JIU-JITSU

NOW ON DVD!

## IN ACTION • VOL. 1 & 2
## Never Before Seen Footage!

**1 DVD: $30.00**
Shipping: $6.90 *(CA residents add $2.46 tax)*

•

**2 DVDs: $49.95**
Shipping: $7.90 *(CA residents add $4.12 tax)*

**Buy Both in Action DVD's & $ave!**

**WWW.GRACIEACADEMY.COM**

*Or Call Toll Free* **(888) 472-2430**

# SPORT MEDICAL CENTER

SMC has a highly trained team of Doctors specializing in Sport Medicine and the treatment of neck and back disorders.

**DIAGNOSTICS:**
- X Ray and EMG
- Neurologic and Orthopedic Testing.
- Computerized Neck and Back Strength Testing, Posture and Gait Analysis.

**EXERCISE REHABILITATION:**
- MedX Rehabilitation Gym on premises.

**SPINAL REHABILITATION:**
- MedX Rehabilitation and Back Strengthening equipment as seen on ABC, NBC and CBS.

**SPORT MEDICINE:**
- Trigger Point Injections.
- Prolo Therapy.
- Chiropractic Care.
- Foot Orthotics.
- Nutritional Counseling.

**PHYSICAL THERAPY:**
- Therapeutic Massage.
- Magnetic Resonance Treatment.
- Lumbar Disc Decompression.

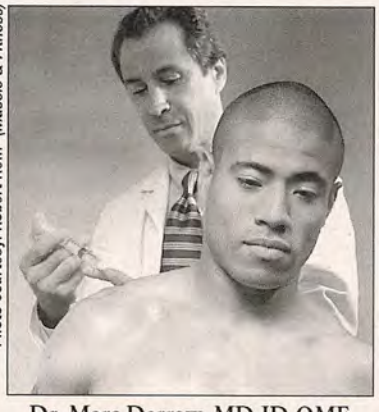


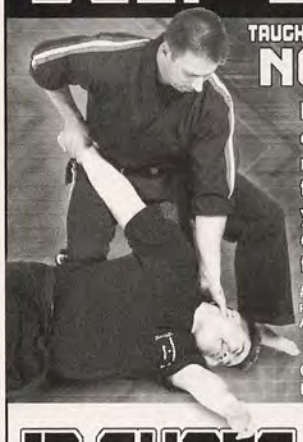
Photo courtesy: Robert Reiff *(Muscle & Fitness)*

Dr. Marc Darrow, MD,JD QME
Director of SMC

JOINT REHABILITATION & SPORTS MEDICAL CENTER, INC.

11645 Wilshire Blvd., Suite 120 • Los Angeles, CA 90025
Phone: (310) 231-7000 Fax: (310) 231-7227
www.JointRehab.com

CENTURY VISION™ PRESENTS
SURPRISE SELF-DEFENSE



TAUGHT FROM HANDS ON EXPERIENCE-
NOT THEORY

Learn how to handle most attack situations with minimum training time. These techniques will be taught as if you had no prior training but are equally valuable to the trained martial artist.

#189140 $29.99
Running time is approximately 58 minutes.
Available in DVD and VHS

Check out Scott Rogers' other Pressure Points titles on our web page.

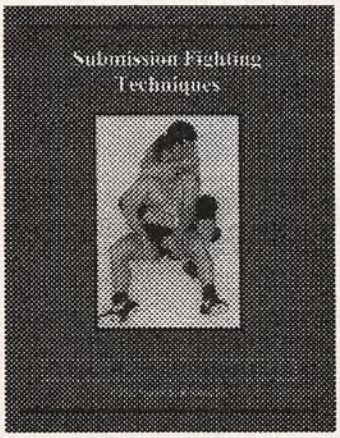
12 SHOTS TO ESCAPE ANY STREET FIGHT

To Order, Visit Our Website At www.centuryvision.com
Or Call Toll Free 1-800-626-2787

WWW.CENTURYVISION.COM
3772 CV 9.24.03

©2003 Century Incorporated
1000 Century Blvd., Midwest City, OK 73110

**Submission Fighting Techniques**




-296 pages, 900 pics

-200+ submissions from 20+ positions

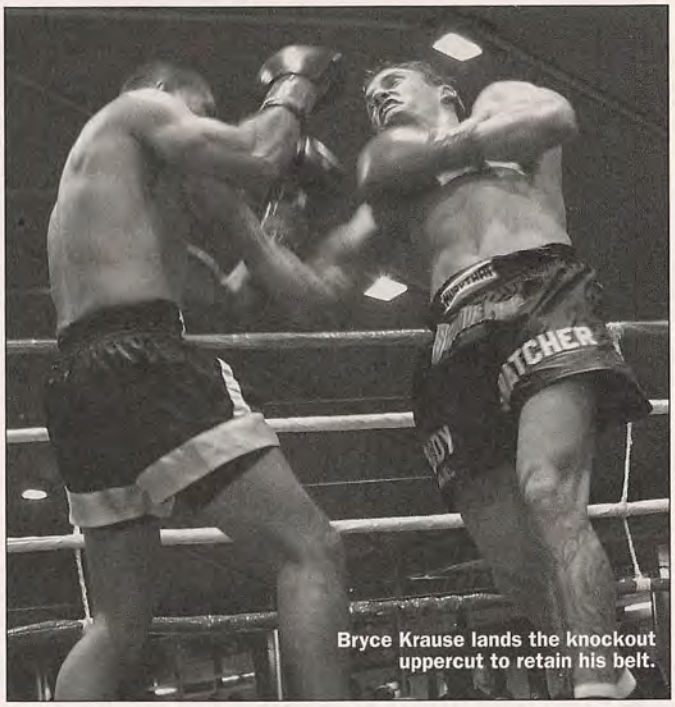
-Neck cranks, chokes, arm bars, shoulder cranks, knee bars, ankle locks, heel hooks and much more.

-No fluff, only detailed explanations of no-gi submissions

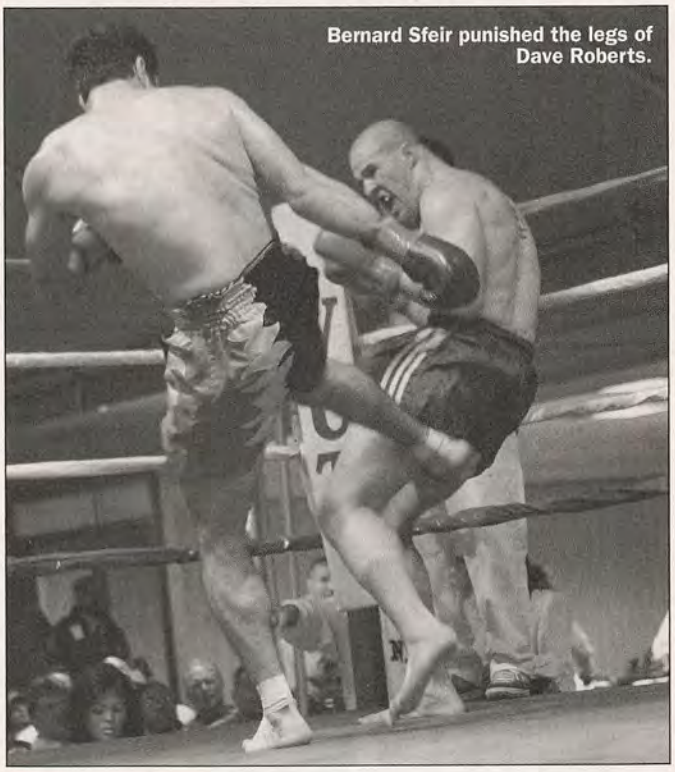
***Only $29.99***

**To Order: www. Atlasbooks. com**
**Or call 24 Hrs/Day:1-800-247-6553**
*© 2001 Spartan Submissions, Inc.*
*By Steven S. Iverson*

***GRAPEVINE***
*Continued from page 22*



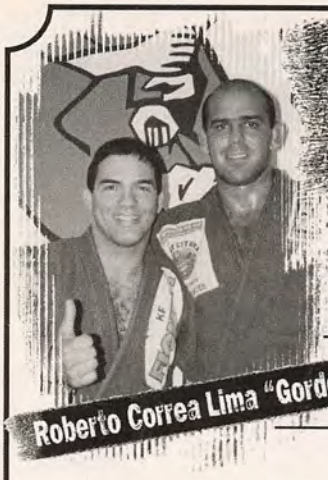
Bryce Krause lands the knockout uppercut to retain his belt.



Bernard Sfeir punished the legs of Dave Roberts.

weight **Bernard Sfeir** then showed his very effective leg-kicking skills as he used them to chop Team Oyama fighter **David Roberts** down to size in getting a round three TKO. One of the most exciting fights of the night saw welterweight **Toby Grear** knock out **Kevin Swanson** with a perfect round-two right kick to the head. **Albert Silva** then successfully captured the UWMTA Heavyweight belt with a unanimous decision over **Jason Rezepka**. Silva showed true grit in the win as he broke his toe in the fourth round, but then fought strong through round

*Continued on page 116*




# DOMINIO D PRODUCTIONS

**PRESENTS**

• **Roberto Correa Lima "Gordo"** is now sharing his secrets about the game he has developed. A three-tape serie includes attacks, sweeps and passes. All three tapes for only **$109.90**
S/H included. California residents must include 8.25% tax.

• **Sandro "Batata" Santiago** "Loop Choke" Series (1 set of 2 VHS Tapes) Two tapes for only **$69.95**
S/H included. California residents must include 8.25% tax.

• **Nino "Elvis" Schembri** Special DVD (more than 2 hours!) with Omoplata, Attacks and Defenses from Side-Control, Extreme chokes, et cetera. Special 2 hours DVD for only **$99.95**
S/H included. California residents must include 8.25% tax.

• **Southwest Brazilian Jiu Jitsu tournament** (over 2 hours!) **$29.95**

Also on sale: • **Pan Ams Jiu Jitsu 2001/2002** Both tapes for only **$49.90**
S/H included. California residents must include 8.25% tax.

***www.DominioDproductions.com***

*TO ORDER CALL:*

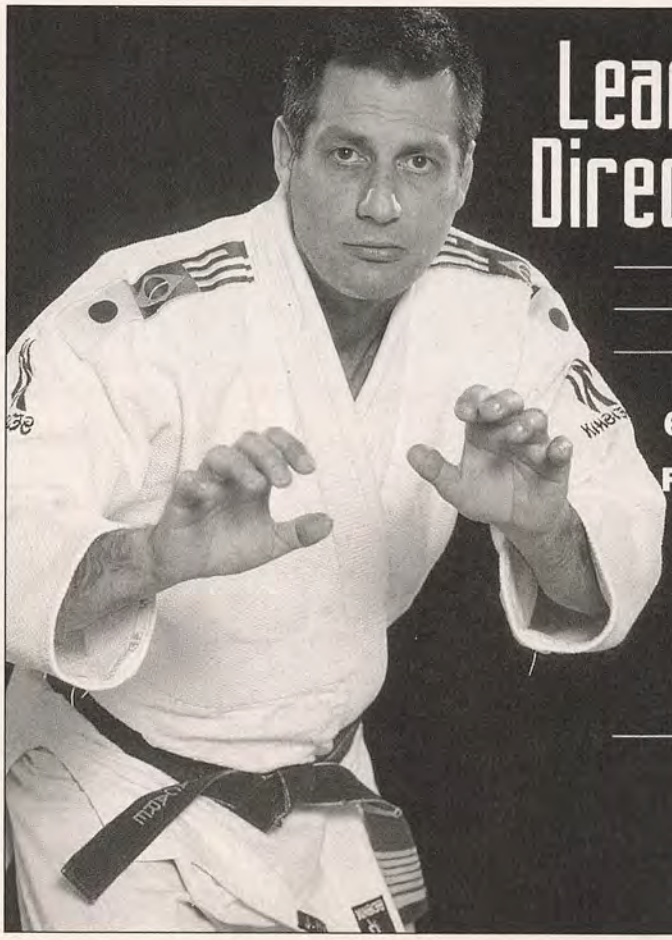
**(866) 365-1515** *Toll Free*

*Visa & Mastercard accepted or send money order to:*

**Dominio D Productions**

P.O. Box 4610
Redondo Beach, CA 90278

*You can also order from*
**MIXED MARTIAL ARTS CENTER**
11024 Washington Blvd.
Culver City, CA 90232
Phone: (310) 839-9838
(310) 704-6548



# Learn Brazilian Jiu-Jitsu Directly from the Source

New Location January 2002
6427 Roswell Rd. #C, Atlanta, GA 30328

**Romero Jacare Cavalcanti**
**6th Degree Black Belt under Rolls Gracie**

**Founder of Powerhouse Alliance Jiu-Jitsu**
**1998, 1999 World Champions**

**Trainer of More Than**
**50 World Champions**

**Army Rangers Special Forces Instructor**
**and Many MMA Champions**

For information on training with Jacare:

**(404) 843-0606**

**masterbjj@mindspring.com**

FREE Report For Martial Artists...

**"Conditioning And Beyond has taken my grappling game to the next level. I find myself feeling more explosive, less winded and faster."**
**Mack House** - Pictured
**Massachusetts**

**FREE Report Shows You How**
Inside this exciting report, you'll **discover...**

- The **vital ingredients** to increase athletic ability
- **Discover** how to take bodyweight exercise to the next level for ultimate muscular endurance
- **New ways** to lift weights for incredible strength and maximum combat sport benefits
- The **secret** of proprioception
- Increased **reaction** time
- And many more **secrets** revealed

**TO GET YOUR FREE COPY** of this exciting report, call our recorded message (24 Hours) at **(781) 718-6352,** or get it on the web at www.fightingshape.com, or complete the coupon and send it to: Joe Driscoll, 131 DW Highway, PMB 229, I123, Nashua NH, 03060

Here's the **proof**...
*"Your system works... your techniques are the soundest and best proven results I've ever felt!*
**Master Toddy**
King of Kickboxing
Las Vegas 3-04

☐ **Yes!** Please send me your FREE special report
First Name
Last Name _____
Address _____
_____
Zip _____

To Win Like Frank Shamrock
You Must Fight Like Frank Shamrock
CENTURYVISION™ presents
"LEARN TO FIGHT AND WIN WITH FRANK SHAMROCK"
DVD and VHS
VOLUME #1: POWER STRIKING
#189118 (Video) • #189118D (DVD)
VOLUME #2: AVOID THE TAKE DOWN
#189119 (Video) • #189119D (DVD)
VOLUME #3: ESCAPE FROM THE GROUND
#189120 (Video) • #189120D (DVD)
VOLUME #4: INSTANT SUBMISSIONS
#189121 (Video) • #189121D (DVD)
VOLUME #5: CLINCH FIGHTING
#189122 (Video) • #189122D (DVD)
VOLUME #6: THE FIGHT CLINIC
#189123 (Video) • #189123D (DVD)
All titles approximately 40 minutes.
$29.99
Wholesale prices available
To Order, Visit Our Website At www.centuryvision.com
Or Call Toll Free 1-800-626-2787
©2003 Century Incorporated
1000 Century Blvd., Midwest City, OK 73110
3773 CV 9.24.03
WWW.CENTURYVISION.COM

## GRAPEVINE

*Continued from page 114*

**Toby Grear, from Sityodtong U.S.A. in Pasadena, CA .**

five to gain the title. Not be outdone, **Kevin Ekyothin** then destroyed **George Basmajyan** to win the UWMTA Welterweight crown. Using a powerful right hand and devastating leg kicks, Ekyothin dropped Basmajyan several times en route to a second round TKO. Ending the UWMTA night of champions, Middleweight titleholder **Bryce Krause** stopped top contender **Fabian Zuniga** with a picture perfect uppercut in the second round.

"This was a great night of fights," said promoter **Vut Kamnark** afterwards. "There was a lot of action and the crowd was really into it. I think you're going to see muay Thai gain more and more popularity in the very near future."

*For more information on upcoming UWMTA events, visit* www.vutmuaythai.com.

**Events**

# Ironheart Crowns New Champion!

CHICAGO, IL - In an amazing test of wills, Ryan Ackerman punched, kicked and wrestled his way to yet another victory over his latest opponent, Miguel Torres. Torres, fighting out of East Chicago, Indiana, went into the bout with a 31 fight winning streak which ended when Ackerman handed him his first loss ever.

But victory did not come easy for the Milwaukee native. Both fighters showed incredible skill and stamina in the 15 minute fight which treated fans to non-stop action from start to finish. Although Torres dominated the first round, his stronger opponent wore him down in the second, and fatigue had set in by the end of the third and final round. Official Shooto Association judges unanimously awarded the decision to Ryan Ackerman, who is currently ranked the number three fighter on the American Shooto Circuit in the 132 pound class.

*Continued on page 118*

# OFFICIAL UFC EVENT VIDEOS!

**UFC 30 Battle On The Boardwalk, February 23, 2001 Trump Taj Mahal, Atlantic City, NJ** • Tito Ortiz vs. Evan Tanner • Karou Uno vs Jens Pulver •Josh Barnett vs Pedro Rizzo • Hoffman vs Robinson • Elvis Sinosic vs Jeremy Horn • Fabiano Iha vs Phil Johns

**UFC 31 Locked & Loaded May 4, 2001 Trump Taj Mahal, Atlantic City, NJ** Randy Couture vs. Pedro Rizzo • Pat Miletich vs. Carlos Newton • Pete Williams vs. Semmy Schilt • Chuck Liddell vs. Kevin Randleman • Matt Lindland vs. Ricardo Almeida • Matt Serra vs. Shonie Carter

**UFC 32 Showdown In The Meadowlands, June 29, 2002, Continental Airlines Arena, New Jersey** • Tito Ortiz vs. Elvis Sinosic • BJ Penn vs. Din Thomas • Caol Uno vs. Fabiano Iha • Josh Barnett vs. Semmy Schilt • Pat Miletich vs. Shonie Carter • Vladimir Matyushenko vs. Yuki Kondo

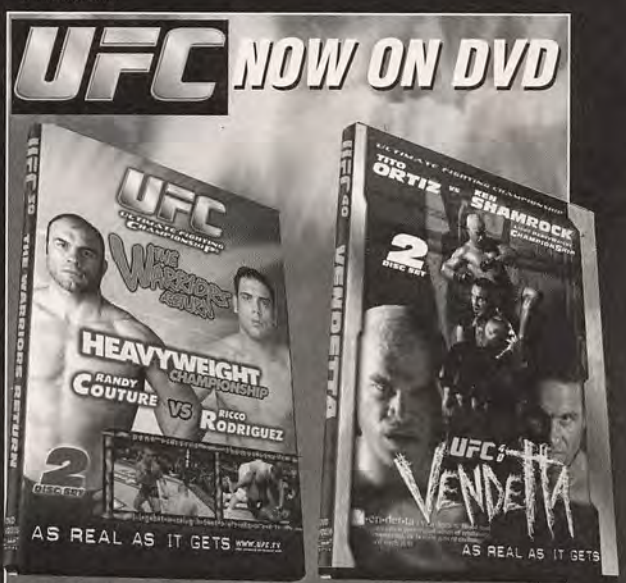
**UFC 34 High Voltage November 2, 2002, MGM Grand, Las Vegas, NV.** • Randy Couture vs. Pedro Rizzo • Carlos Newton vs. Matt Hughes • Ricco • Rodriguez vs. Pete Williams • BJ Penn vs. Caol Uno • Josh Barnett vs. Bobby Hoffman • Matt Lindland vs. Phil Baroni

**UFC 35 Throw Down January 11, 2002 Mohegan Sun, CT.** •Jens Pulver vs BJ Penn • Dave Menne vs Murilo Bustamante • Ricco Rodriguez vs Jeff Monson • Chuck Liddell vs Amar Suloev • Ricardo Almeida vs Andrei Semenov

**UFC 36 Worlds Collide March 22, 2002, MGM Grand, Las Vegas, NV** • Randy Couture vs Josh Barnett • Matt Hughes vs Hayato Sakurai • Pedro Rizzo vs Andrei Arlovski • Evan Tanner vs Elvis Sinosic • Pat Miletich vs Matt Lindland • Pete Williams vs Frank Mir

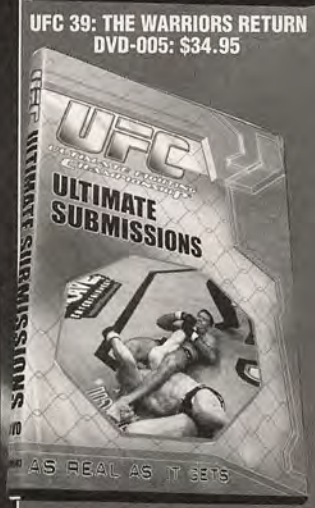
**UFC 37 High Impact, May 10, 2002, CenturyTel Arena, Bossier City, LA.** • Murilo Bustamante vs Matt Lindland • Ricco Rodriguez vs. Tsyoshi Kosaka •BJ Penn vs. Paul Creighton • Caol Uno vs. Yves Edwards • Phil Baroni vs. Amar Suloev

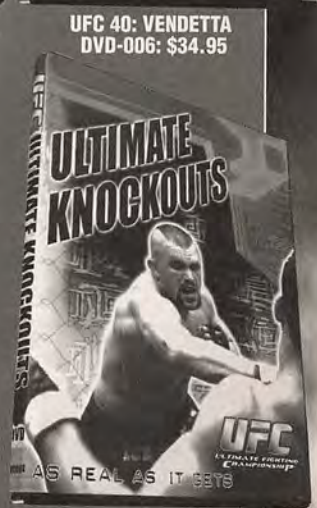
**UFC 38 Brawl at the Royal Albert Hall, July 13, 2002, Royal Albert Hall, London, England** • Matt Hughes vs. Carlos Newton • Ian Freeman vs. Frank Mir • Mark Weir vs. Eugene Jackson • Genki Sudo vs. Leigh Remedios • Phillip Miller vs. James Zikic




**UFC 39: THE WARRIORS RETURN**
**DVD-005: $34.95**

**UFC 40: VENDETTA**
**DVD-006: $34.95**




**ULTIMATE SUBMISSIONS**
**DVD-003: $29.95**

**ULTIMATE KNOCKOUTS**
**DVD-004: $29.95**

**Order 2 videos today and receive an exclusive UFC Octagon Mousepad for FREE!**

ULTIMATE FIGHTING CHAMPIONSHIP

$29.95 each
+$5 shipping first tape
$2.50 for each additional tape.
CA residents add 8.25% tax

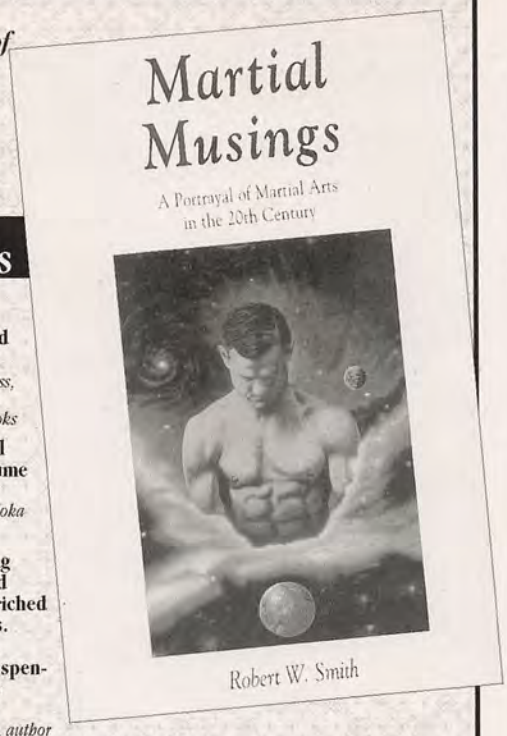
**To order call:**
**(800) 332-3330 ext. 101**
**or Fax (800) 249-7761**

up Unique Publications • 4201 Vanowen Place, Burbank, Ca 91505 • www.cfwenterprises.com

# MARTIAL MUSINGS

*A Portrayal of Martial Arts in the 20th Century*

By Robert W. Smith




**READERS COMMENTS**

"Absolutely absorbing, opinionated, and spellbinding."
*– Diane Skoss, publisher, Koryu Books*

"I guarantee will be a classic volume of its genre."
*– Paul Nurse, judoka*

"I would read Smith's shopping lists - and would probably be enriched by their insights. He is that good. His work is indispensable to serious martial artists."
*– David Lowry, author (Autumn Lightning and Sword & Brush)*

"... this book had better be in your library."
*– Kim Taylor, editor* (Journal of Japanese Sword Arts), *and publisher* (Electronic Journals of Martial Arts and Sciences)

"... succinct, witty, animated and flowingly accurate prose. For anyone who cares about the people and cultural forces that have shaped our modern world from China to Japan to America, for anyone who understands that studying the lives of extraordinary individuals helps us live our own mundane existence, for anyone who's just interested in a unique, good read, Martial Musings is a bargain."
*– James Grady, author* (Six Day of the Condor)

"Read it! It will be to your advantage."
*– Richard Bowen, Vice-President, The Budokwai*

**TABLE OF CONTENTS**

PART I
- Introduction
- Early Days
- In The Marines
- Boxing
- Judo
- CIA

OUT TO ASIA:
- Aikido Interlude
- At the Kodokan
- Cathedral Caper
- My Karate Kick
- Art Broadbent
- The Good Old Budokwai
- E J. Harrison
- Donn Draeger
- Jon Bluming
- John Gilbey & His Correspondents
- Takahiko Ishikawa
- Masahiko Kimura
- Bill Paul
- Dermot M. "Pat" O'Neill
- The Legendary Fairbaim
- A Pause

PART II
- Taiwan: A Martial Watershed
- Return to America & Judo
- Judo and Taiji
- Back at CIA
- To Teach is to Love & Learn: A Soliloquy
- Xingyi & Bagua.
- The Other Internal Arts
- Rose Li: Cherchez la Femme
- A Word on Weapons

MY WRITERS:
- An Interlude
- Zheng Manqing: The Last Decade
- Ben Lo: Modest Man
- True Taiji
- Guo Lianyin

SOUTHEAST ASIA REVISITED:
- Laoshi's Other Top Students
- Zheng Manqing: A Summing Up
- Tam Gibbs Again
- The Weird and Wild
- The Bogus: Hollywood
- Nothing Could Be Finer: Down to Carolina
- Bibliography
- Credits
- Glossary
- Index

**BOOK INFORMATION**
- Hardbound
- 6" x 9"
- Full-color cover
Two-color text
- 400 pages
- Over 300 illustrations
- Price: $39.95

**UNIQUE PUBLICATIONS**
4201 Vanowen Place
Burbank, CA 91505
1(818) 845-2656
1(818) 845-7761 Fax
CALL TOLL FREE
1(800) 332-3330

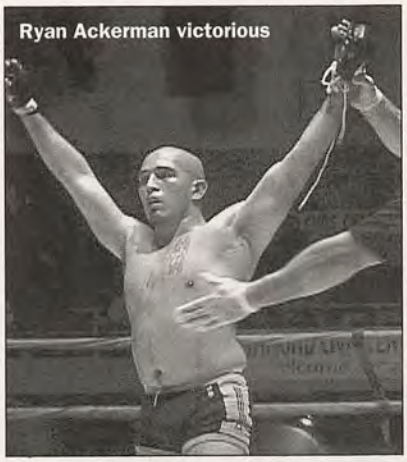

## GRAPEVINE

*Continued from page 116*

Palaszewski kicks Bender

Estrada beats Skinner

The Ironheart Crown is a mixed martial arts competition held bi-annually in Hammond, Indiana, just thirty minutes south of Chicago. It is sanctioned by the U.S. Shooto Association, a division of the World Shooto Organization in Japan. The rules of Shooto allow fighters to punch and kick as in kickboxing. However, fighters are also allowed to execute takedowns and throws, grapple on the floor, and apply finishing holds which include chokes and joint manipulations.


Ryan Ackerman victorious

"This was the best fight we've seen in the U.S. in a very long time," commented Randy Erickson, the U.S. Shooto Association Commissioner. "This is a quality show which has gained international respect and recognition."

The Ironheart Crown's next event is scheduled to take place on June 5, 2004 in Hammond, Indiana. For details as they unfold, keep an eye on the official website at www.ironheart-crown.com. Grappling will be there and plans to provide detailed coverage of the event in a future issue. Grappling

**Ironheart Crown Results**

Ryan Ackerman def. Miguel Torres, 3R, Dec.
Derrick Noble def. Joey Gilbert, 0:48, 2R, Kick
Stephan Bonnar def. Brad Lynde, 4:10, 1R, Rear Choke
Tommy Lee def. Matt Horning, 2:33, 1R, Rear Choke
Jason Veach def. Jason Guida, 0:0, 1R, Cut
Bart Palaszewski def. Jason Bender, 2R, Dec
Jay Estrada def. Antoine Skinner, 2R, Dec
William Hill def. Joe Billups, 4:50, 1R, Rear Choke
Steve Dau def. Roberto Ramirez, 0:0, 1R, Knee Injury
Charles Barron def. Jamil Willis, 3:18, 1R, Guillotine Choke

SHINTAI RYU MARTIAL ARTS
www.blackbelt.nu
1-888-949-2743
Black Belt Home Study In:
Jiu-Jitsu Judo Hapkido
Muay Thai Kenpo
TRAIN & RANK FROM HOME

Call or visit our site today for complete details, or a free information package!

**Final Impact Productions**

**12 Raw Fights!**
**12 Knockouts!**
**English Subtitles!**

**90 minutes of non-stop action featuring some of the best fighters in Thailand!**

**Available in DVD or VHS.**
**$20 + $4 shipping and handling**
**movinimage@hotmail.com**

To order send check or moneyorder to:
**Movin' Image Entertainment**
2107-D West Commonwealth Ave. #214
Alhambra CA 91803

*Final Impact Productions is distributed by Movin' Image Entertainment*

**NEW RELEASE! VOLUME 2**

**13 Raw Fights!**
**13 Knockouts!**
**Legendary Muay Thai fighters winning by knockout!**
**Available in DVD**
80 minutes
$20 +
$4 shipping and handling

To order send check or moneyorder to:
**Movin' Image Entertainment**
2107-D West Commonwealth Ave. #214, Alhambra CA 91803
**movinimage@hotmail.com**

**Gokor Chivichyan**
**Submission Grappling Seminar & Knoxville Hayastan Grappling Challenge**

April 17th & 18th '03
**Seminar**: Gi and No Gi Days
$100—one day & $125—two
*Kid's 6-15yrs Seminar-Sat. 17th-$10*
**Tournament**: Gi Optional
Adults-$25 Kids $25
www.Gokor.com www.TnHayastanTeam.com
865-609-8852 info@TnHayastanTeam.com

**Seeking a Brazilian Jiu-Jitsu instructor to open an academy in Monterey, Ca area. Benefits are included. Serious inquires only, please.**
**Eric Aragon**
**831-320-8729**

**TURTLE PRESS**

**FREE CATALOG OF OUR MARTIAL ARTS BOOKS AND VIDEOS!**
Turtle Press is a leading publisher with more than 100 products to help guide students *AND* instructors in their pursuits in competition, exercise or business. Get your own catalog today!
**CALL TOLL FREE (800) 778-8785**
**OR SEE WWW.TURTLEPRESS.COM**

**Martial Arts Mats** TIFFIN ATHLETIC MATS, INC.
Our factory direct mats start at **$108**
Reader code: GR 014 for 5% off your order
- Sparring Mats
- Take Down Mats
- Throw Mats
- Custom Flooring
- Free Mat - visit web

**1-888-398-0100**
**www.tiffinmats.com/martial**

**Gracie Brothers Clothing**
Finally clothing designed by fighters for fighters
GRACIE BROTHERS JIU-JITSU GRACIE BROTHERS
See our line at
**www.gracie-brothers.com**
Or call
**(808) 778-3105**

**SHAOLIN 林 禅 BRAND™** SUPPLEMENT
HERBAL TRAINING
Over 125 Formulas
Internal Herbs
Energy Teas
Energy Wines
Balms
UNIFORMS
5 Styles / Colors
Monk Style
Wudang Robes
CLASSICAL SEALS
COLLECTOR'S ISSUES
QIGONG INSTITUTE
VIDEOTAPES
Buy 1/ Get 1 Free
SHAOLIN STATUES
COMBAT STEEL WEAPONS
ARTS & CRAFTS & MORE!
**1-800-JOOK LUM**

**CALL FOR YOUR CATALOG TODAY!**
**1-800 566-5586**

NORDIK FITNESS
***We Provide the following World Wide.***
*Certification Courses.*
*Customized Fitness workouts.*
*Dietary Guidance.*
*Internet Based Coaching for fitness.*
*Books & Videos.*
*Tanning Beds.*

***Were #1 in the Fitness Industry.***
***Contact us at.***
*www.Nordikfitness.com*

**RED DRAGON BOXING**
*Founder and Master*
**Bryant Williams**

Volume 1 – Red Dragon Boxing is a new Martial Arts fighting concept. This style has been derived from many different fighting systems from all over the world. In this tape you will learn different strategies that have spanned from 31 years of knowledge and thousands of dollars of experience. * *51 minutes* * $49.95 + $5.00 (s&h)
**Send check or money order to:**
Bryant Williams
P.O. Box 13471
Columbus, OH 43213

***Read Like A Man!***

# Subscribe to Grappling Magazine!

**Has your local bookstore become more dangerous than a steel *vale tudo* cage? Are you getting tapped by your friends because you missed the latest triangle escape? Then have *Grappling* sent straight to your house and end the pain!**

## Save over 50% off the cover price!

**A measly $35 a year (cheap) gets you 128 pages of top fighting stars, champion grapplers, glossy color photos, and easy-to-pronounce words. Shred the mat with killer techniques, radical exercises, gnarly training tips, and the hottest NHB and submission shows – plus a new *Grappling* Ring Girl of the Month in every issue. What more could you ask for? (No, meathead, you can't have her phone number.)**

**Don't delay! Get *Grappling*! It's the next best thing to getting kicked in the head!**

**Yeah! Send me 12 issues for only $35.**
**(Canada and elsewhere add $10 per subscription.)**
**Credit card orders call:**

## 1-800-877-5528

Name

Address

City State Zip

☐ Payment enclosed ☐ Visa ☐ Mastercard

Credit card Number Exp.

Signature

**Grappling Magazine**
**P.O. Box 469062**
**Escondido, CA 92046-9062**

# the Most Potent Joint Formula on the Planet

Glucosamine(+HCl/-2KClso4/+NaCLso4/GLcNAc) Plus
Chondroitin Sulfate(A 4-sulfate, R=so3H, R1=H)

GLC Formula
Patent Pending
US00/30268

**Introductory Offer**
One Time Saving
**15%** Off MSRP
Mention this Ad to receive discount when placing order

**Just got Better**
100% Pure Compound
Now in Capsules

WHOLESALERS WELCOME

# NO PAIN

The World's Greatest Martial Artists Can't Let Joint Pain Slow Them Down. That's Why Top Professionals and World Champions Use the Best

## GLC 2000

Todd Margolis, Rob Fletcher and Relson Gracie

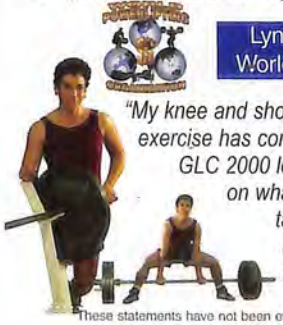
In the ring or in the gym, being the best means pushing your body to the limit each and every day. That's why Professional Athletes and Medical Doctors rely exclusively on the Patent Pending formula found in GLC 2000 to help reduce pain, speed joint recovery and increase their flexibility.

Dr. Sherman G. Madere MD
Surgical Specialist
Co-founder CAPP Care
Preferred Physicians Guild

*'GLC 2000 is the only product which effectively addresses glucosamine utilization. If you are serious about the care of your joints, GLC 2000 is as good as it gets."*

Glucosamine Active Cellular Transporter and Nutrient Ionic Transfer
3-Na+ waste
NaCl, KCl, HCl, NAD
2 K+ glucosamine
Na+/glucose
Conversion HCl,-KCl,+NaCl,NAD Ester Glucosamine 6 Phosphate

GLC 2000 is the ONLY joint supplement strong enough for the World Powerlifting Organization and strong enough for you.



Lynne Nelson APA
World Record Holder

*"My knee and shoulder soreness from exercise has completely disappeared. GLC 2000 lets me concentrate on what's most important, taking my workouts and contest preparation one step higher."*

GLC is the World's Only Full Spectrum Glucosamine formula scientifically engineered to help your body regenerate damaged and worn articular cartilage.

World Champion Gary Stevens

Forced into retirement November 1999 with degenerative arthritis in both knees

Attributes Full Comeback to GLC 2000
Year 2001 Earnings $11,864,491.00

*"This is absolutely the best product I have ever used. The Doctors told me I was out of options, my career was over; but after only 3 months using GLC, the pain totally went away and I'm able to live my dream once again. GLC 2000 has literally given me my life back! Thank you GLC*

Jean Mae Cordova
82 years Young

525lb. Leg Press 120lb.x 2 Flat Bench

*"I have suffered with arthritis pain for the last 65 years. After taking GLC 2000 for only 3 weeks the pain disappeared and has never returned! What a relief to work out pain free and wake up in the morning without the achy stiff joints. Thank you for such a wonderful product."*

Bas Rutten, Duane Ludwig and Fabiano Iha

**100% Pure Pharmaceutical grade powder**

Patent Pending

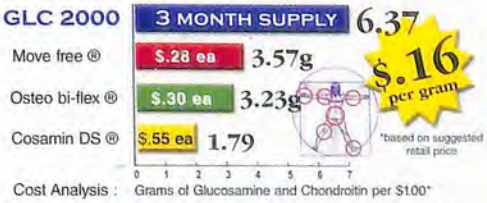
**Each Level Scoop Contains 3.5 grams of Pure GLC Guaranteed Assay**

| | |
|---|---|
| Chondroitin Sulfate | 750mg |
| Glucosamine HCl | 750mg |
| Glucosamine Sulfate | 750mg |
| Glucosamine Potassium | 750mg |
| N-acetyl D-glucosamine | 225mg |
| Ascorbate | 225mg |
| Manganese Proteinate | 50mg |

GLC's powerful powder delivery system is now available in free form and capsules to help increase your bodies uptake and absorption levels. This 100% pure compound guarantees superior bioavailability and utilization. Don't waste your time and money on denatured tablets or sugar water drinks. Take control of your joint pain just like the pros. Get serious, get GLC 2000

***Superior Compound. Best Price Guarantee***

As the manufacturer and wholesaler we provide you the lowest price per gram of any reputable national brand GUARANTEED


GLC 2000
3 MONTH SUPPLY 6.37
Move free ® $.28 ea 3.57g
Osteo bi-flex ® $.30 ea 3.23g
Cosamin DS ® $.55 ea 1.79
$.16 per gram
*based on suggested retail price
0 1 2 3 4 5 6 7

Cost Analysis : Grams of Glucosamine and Chondroitin per $1.00*

Powder Concentrate 350 grams- $55.00 ea + $5.95 S&H
New Capsule Form 240 grams- $38.50 ea + $5.95 S&H

**Call NOW Toll FREE** visit us on the web

**1-866-GLC-DIRECT**
**866-(452-3473)**
**WWW.GLCDIRECT.COM**

These statements have not been evaluated by the Food and Drug Administration.. This product is not intended to diagnose, treat or prevent any disease *3 month supply based upon 350 gram jar and average body weight of 175 lb.

# PANTHER™

WORLD'S LARGEST SELECTION OF MARTIAL ARTS BOOKS, VIDEOS, AND DVDS

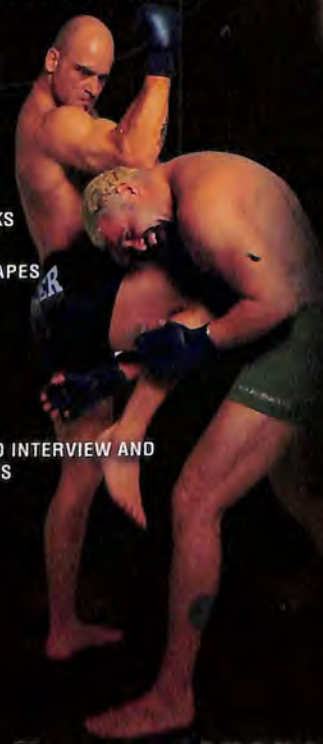
NEW!

## SHIHAN MIKIO NISHIUCHI
7 VIDEO SET KOBUDO WEAPONS SERIES

1. VOLUME #1: SAI
#MIKIO-001 30 MIN $29.99
2. VOLUME #2: NUNCHAKU
#MIKIO-002 40 MIN $29.99
3. VOLUME #3: TONFA
#MIKIO-003 38 MIN $29.99
4. VOLUME #4: NI-CHOH TAN-BO (TWO 3' LONG STAFF)
#MIKIO-004 28 MIN $29.99
5. VOLUME #5: BO
#MIKIO-005 34 MIN $29.99
6. VOLUME #6: BOKKEN & SAMURAI SWORD
#MIKIO-006 48 MIN $29.99
7. VOLUME #7: INTRO TO KOBUDO WEAPONRY
#MIKIO-007 58 MIN $29.99

## EXTREME PANCRASE
HEAVYWEIGHT CHAMPION BAS RUTTEN

1. STANCES, FOOTWORK, BLOCKS, STAND-UP KICKS AND PUNCHES
#BAS-1 70 MIN $29.99
2. STAND-UP STRIKING COMBINATIONS, CLINCHING & GROUND STRIKING TECHNIQUES
#BAS-2 90 MIN $29.99
3. LEG LOCKS & HEEL HOOKS, VOLUME 1
#BAS-3 60 MIN $29.99
4. LEG LOCKS & HEEL HOOKS, VOLUME 2
#BAS-4 60 MIN $29.99
5. CHOKES AND NECK CRANKS
#BAS-5 60 MIN $29.99
6. ARM LOCKS, ARM BARS AND SHOULDER LOCKS
#BAS-6 60 MIN $29.99
7. GROUND FIGHTING REVERSALS AND ESCAPES
#BAS-7 60 MIN $29.99
8. TAKE-DOWNS, SET-UPS & SUBMISSION GROUND FIGHTING COMBINATIONS
#BAS-8 60 MIN $29.99
9. FIGHTING FITNESS WORKOUT ROUTINE
#BAS-9 70 MIN $29.99
10. BAS RUTTEN IN ACTION - EXCLUSIVE VIDEO INTERVIEW AND HIGHLIGHTS OF HIS GREATEST NHB FIGHTS
#BAS-10 60 MIN $29.99



BUY 5 GET THE 6th FREE!

ALL PANTHER TITLES INCLUDED
offer expires May 31, 2004

NEW!

## BREAKING
WORLD CHAMPION BREAKER LARRY FIELDS

1. VOLUME #1: BASIC BREAKING
#BREAK-001 50 MIN $29.99
2. VOLUME #2: POWER BREAKING
#BREAK-002 44 MIN $29.99
3. VOLUME #3: CREATIVE BREAKING
#BREAK-003 39 MIN $29.99
4. VOLUME #4: CONDITIONING FOR THE BREAK
#BREAK-004 39 MIN $29.99

## ULTIMATE VALE TUDO
STARRING VITOR "THE PHENOM" BELFORT

1. FIGHTING FROM THE GUARD (BOTTOM) POSITION
#VITOR-1 56 MIN $29.99
2. FIGHTING AND ESCAPING FROM THE MOUNT (TOP) POSITION
#VITOR-2 40 MIN $29.99
3. SIDE CONTROL, KNEE ON BELLY AND TAKING THE BACK
#VITOR-3 72 MIN $29.99
4. PASSING THE GUARD
#VITOR-4 38 MIN $29.99
5. REVERSALS AND GROUND FIGHTING COMBINATIONS
#VITOR-5 39 MIN $29.99
6. ULTIMATE VALE TUDO TAKEDOWNS AND DEFENDING AGAINST TAKEDOWNS
#VITOR-6 60 MIN $29.99
7. LEG LOCKS AND FOOT LOCKS
#VITOR-7 31 MIN $29.99
8. VITOR'S ULTIMATE VALE TUDO BOXING TECHNIQUES
#VITOR-8 50 MIN $29.99
9. VITOR'S ULTIMATE FIGHTER'S FITNESS WORKOUT ROUTINE
#VITOR-9 27 MIN $29.99
10. VITOR "THE PHENOM" BELFORT, UP CLOSE, EXCLUSIVE VIDEO INTERVIEW
#VITOR-10 37 MIN $29.99

order online at www.centuryfitness.com
or call 1.800.626.2787 for a free catalog

GRO1PAN